

YOGA + BEER *Retreats*

Hood River 2023

Thursday, September 21st

- 5:30pm Yoga Class at Society Sanctuary
- 7:30pm Double Mountain Pizza + Beer at Society

Friday, September 22nd

- Breakfast at Society
- 9:30am Yoga Class at Society Sanctuary
- Noon Boda Lunch Boxes at Society
- 5:00pm Sunset SUP/Kayak
- 7:15pm Dinner at Downtown Hood River spots

Saturday, September 23rd

- Breakfast at Society
- 9:30am Yoga Class at Society Sanctuary
- 11:30am Lunch + Beer at Everybody's Brewing
- 4:30pm Sound Healing at Society Sanctuary
- 7:00pm Dinner at Henni's Restaurant

Sunday, September 24th

- Breakfast at Society
- 9:00am Yoga Class at Society Sanctuary
- 11:00am Lunch at Society