

YOGA + BEER

Retreats

Astoria 2022

Friday, April 22nd

- 3:00pm Check in at The Commodore Hotel
- 5:00pm Yoga Class at Fire Station Yoga
- 7:30pm Dinner at Bridgewater Bistro

Saturday, April 23rd

- 8-9:15am Breakfast at St. 14 Cafe
- 9:30am Yoga Class at Fort George
- 12:00pm Lunch + Beer at Buoy Beer
- 4:30pm Yoga Class at Fire Station Yoga
- 7:30pm Dinner at Carruther's

Sunday, April 24th

- 8-9:15am Breakfast at St. 14 Cafe
- 9:30am Yoga Class at Fort George
- 11:30am Lunch + Beer at Fort George Brewery