

**LAUREN ANNE Full Moon Retreat Schedule (19-24 July 2024)**

Sunrises 6.27 am

Sunsets 6.24 pm

	Friday 19 <sup>th</sup> July	Saturday 20 <sup>th</sup> July	Sunday 21 <sup>st</sup> July Full moon	Monday 22 <sup>nd</sup> July	Tuesday 23 <sup>rd</sup> July	Wednesday 24 <sup>th</sup> July
1 <sup>st</sup> Tide	2:48 AM 2.34 m	3:34 AM 2.53 m	4:14 AM 2.72 m	4:52 AM 2.91 m	5:30 AM 3.08 m	12:00 AM 0.32 m
2 <sup>nd</sup> Tide	8:19 AM 1.22 m	9:11 AM 1.04 m	9:57 AM 0.86 m	10:41 AM 0.71 m	11:25 AM 0.60 m	6:08 AM 3.21 m
3 <sup>rd</sup> Tide	2:51 PM 3.12 m	3:35 PM 3.31 m	4:17 PM 3.46 m	4:57 PM 3.55 m	5:37 PM 3.55 m	12:09 PM 0.56 m
4 <sup>th</sup>	9:31 PM 0.83 m	10:10 PM 0.63 m	10:48 PM 0.47 m	11:24 PM 0.36 m		6:17 PM 3.45 m
<b>Very Early</b>	Depart Dubai (DXB) <b>6.55am via Kenya Airways (KQ307)</b>  Arrival in Mombasa (MBA) 11.20am  Out of airport 12.30pm Treehouse by 2.30pm  <i>Arrivals, snacks, briefing &amp; settle into rooms</i>	6.15 am <i>*Optional - Hot drink &amp; fruits</i>	6.15 am <i>*Optional - Hot drink &amp; fruits</i>	6.15 am <i>*Optional - Hot drink &amp; fruits out</i>	6.15 am <i>*Optional - Hot drink &amp; fruits out</i>	6.15 am <i>*Optional - Hot drink &amp; fruits out</i>
<b>Morning</b>		Free time / beach / walk / swim / journaling	<i>*Optional - group walk on and yoga on beach at sunrise</i>	Free time / beach / walk / swim / journaling	<b>7am light breakfast</b>	Free time / beach / walk / swim / journaling
<b>Morning Session</b>		Session 8-9.15am	Session 8-9.15am	Session 8-9.15am	8am Mangrove Float Experience!	Session 8-9.15am
<b>Breakfast</b>		<b>9.15am</b>	<b>9.15am</b>	<b>9.15am</b>	2nd breakfast on the beach. Home by 12pm	<b>9.15am</b>
<b>After Breakfast</b>		Free time / massages	Free time / massages	<i>*Optional - Snorkel trip with sandbar walk. Or walk/drive to town for shopping &amp; coffee</i>	Free time / massages	Free time / massages
<b>Lunch</b>		<b>1.30pm</b>	<b>1.30pm</b>	<b>1.30pm</b>	<b>1.30pm</b>	
<b>Afternoon</b>		Free time / massages	Free time / massages	Free time / massages	<b>Coconut demonstration</b> Free time / massages	
<b>Evening Session</b>	Welcome Circle 5.30-7pm	3pm SUP Yoga <i>Includes Sundowner</i>	Session 5-6.15pm Full Moon Rise on the beach 6.30pm	Session 5-6.15pm	Session 5-6.15pm	2pm Departure for airport  Depart MBA <b>6.45pm via Kenya Airways (KQ611) (1 connection) Kenya Airways (KQ304)</b>  Arrival in DXB at 5.25am (+1 - Thurs 25 July)
<b>Dinner</b>	<b>7pm</b>	<b>7.30pm</b>	<b>7.30pm</b>	<b>7pm</b> <i>*Optional - Local restaurant experience</i>	<b>7pm</b>	
<b>Evening</b>	8pm Yin Yoga & Sound Healing	830pm Yoga Nidra on rooftop to later watch for shooting stars!	830pm Candle Gazing Meditation & Manifestation Session	Free evening	8pm Closing Circle	