

Sahara Dance Heart of Belly Dance Retreat: Technique & Transformation Edition - May 1 - 8, 2027

Time:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Yoga (6:30-7:15)			Sophianna Yoga for Dancers	Sophianna Yoga for Dancers		Sophianna Yoga for Dancers	Sophianna Yoga for Dancers
Breakfast (7:00-9:00)		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Class 1 (8:30-10:15)		Blue Spirit Orientation (9:30)	Marta Korzun Special Topic	Marta Korzun Special Topic		Marta Korzun Special Topic	Marta Korzun Special Topic
Community Circle (10:15-10:30)		Sahara Dance Opening Circle	Circle	Circle	Day off	Circle	Closing Circle
Class 2 (10:30-12:15)		Marta Korzun Choreography	Marta Korzun Choreography	Marta Korzun Choreography		Marta Korzun Choreography	Marta Korzun Choreography
Lunch (12:00-1:30)		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Class 3 (1:45-2:45)		Blue Spirit Longevity Center & Offerings	Photo @ Cafe				
			Sophianna Vintage Tsifteteli				Sophianna Zeibekiko for the Soul
Free Time!	Blue Spirit Check in (4:00)	Free Time! Beach, Pool,Town, Excursions,Spa	Free Time! Beach, Pool,Town, Excursions,Spa	Free Time! Beach, Pool,Town, Excursions,Spa		Free Time! Beach, Pool,Town, Excursions,Spa	Free Time! Beach, Pool,Town, Excursions,Spa
Sunset at Beach		Beach	Beach	Beach	Beach	Beach	CHOREO at Beach
Dinner (6:00-7:30)	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening Programming (7:30-8:30)	Open Studio Stretch & Move	Sophianna Restorative Yoga	Sophianna Restorative Yoga	Technique & Transformation in Dance Presentation	Mediterranean Dance Party!	Rehearsal (SM)	TBD
(8:30-9:30)	Open Studio Stretch & Move		Stargazing at Beach	...and Discussion (with Popcorn!) (SM)		Show! (SM) (8:00-9:30)	

ES = El Silencio, HM = Heart Mind, SM = Sky Mind Hall - Schedule Tentative, Subject to Change. *Participants may attend or skip any classes, as they like :)