

Sahara Dance Heart of Belly Dance Retreat: Self-Care & Celebration Edition - May 2 - 9, 2026

Time:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Yoga (6:30-7:15)			Jillina Yoga for Dancers	Jillina Yoga for Dancers		Jillina Yoga for Dancers	Jillina 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)	Jillina Special Topic	Jillina Special Topic		Jillina Special Topic	Jillina 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)		Jillina Choreography	Jillina Choreography	Jillina Choreography		Jillina Choreography	Jillina 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				
Free Time!	Blue Spirit Check in (4:00)	Free Time! Beach, Pool, Town, Excursions, Spa	Tanjina Design a Life You Love	Free Time! Beach, Pool, Town, Excursions, Spa		Tanjina Design a Life You Love	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	Jillina Self Care & Yoga	Jillina Self Care & Yoga	Self-Care & Celebration in Dance Presentation	Latin 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 :)