

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

Time:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga</b> (6:30-7:15)			Yoga for Dancers	Yoga for Dancers		Yoga for Dancers	Yoga for Dancers
<b>Breakfast</b> (7:00-9:00)		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Class 1</b> (8:30-10:15)		Blue Spirit Orientation (9:30)	Jillina Special Topic	Jillina Special Topic		Jillina Special Topic	Jillina Special Topic
<b>Community Circle</b> (10:15-10:30)		Sahara Dance Opening Circle	Circle	Circle	Day off	Circle	Closing Circle
<b>Class 2</b> (10:30-12:15)		Jillina Choreography	Jillina Choreography	Jillina Choreography		Jillina Choreography	Jillina Choreography
<b>Lunch</b> (12:00-1:30)		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Class 3</b> (1:45-2:45)		Blue Spirit Longevity Center & Offerings	Photo @ Cafe				
<b>Free Time!</b>	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
<b>Sunset at Beach</b>		Beach	Beach	Beach	Beach	Beach	<b>CHOREO</b> at Beach
<b>Dinner</b> (6:00-7:30)	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Evening Programming</b> (7:30-8:30)	Open Studio Stretch & Move	Mindfulness & Yoga	Mindfulness & Yoga	Self-Care & Celebration in Dance Presentation	Latin Dance Party!	Rehearsal (SM)	<b>TBD</b>
(8:30-9:30)	Open Studio Stretch & Move		Stargazing at Beach	...and Discussion (with Popcorn!) (SM)		<b>Show! (SM)</b> (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 :)