



Laughing Grass

ADVENTURE & WELLNESS RETREAT

FEB 4TH-9TH, 2025 ~ JAMAICA

ITINERARY

Tuesday	10 AM - 4 PM	Check In
	4:20 PM	Cannabis Infused BBQ Meet & Greet
	7 PM	Opening Meditation & Cannabis Ceremony
Wednesday	7 AM	Meditation
	7:30 AM	Yin Yasa Yoga
	9:00 AM	Medicine Walk with Richard
	10:30 AM	Blue Hole (all day excursion)
Thursday	7 AM	Morning Meditation
	7:30 AM	Quarter Moon Yoga Flow
	10 AM	Beach Day @ Doctor's Cave Beach Club & Private Shopping Tour in Downtown Montego Bay
	7 PM	Cannabis Infused Traditional Jamaican Dinner
Friday	7 AM	Morning Meditation
	7:30 AM	Hatha Yoga Flow
	10:00 AM	River Rafting & Private Weed Farm (all day excursion)
	9 PM	Nightclubbing @ 2727 Lounge
Saturday	7 AM	Meditation
	7:30 AM	Vinyasa Flow Yoga
	10:30 AM	Mystic Mountain (all day excursion)
	7 PM	Cannabis Infused Dinner
Sunday	8 AM	Closing Meditation & Farewell Ceremony
	11 AM	Farwell BBQ Brunch & Burn Down
	9 AM - 3 PM	Check Out

Meal Times: Breakfast 8am - 9am, Lunch: 12:30pm, Dinner: 7pm



Take a photo with your cellphone

*Times and Excursions subject to change



Stay Lifted

