



Weekend Yoga Retreat

FRIDAY

10.30 – 1.00 pm	Yoga Peace walk Yoga sequences by the river
1.00 pm	Lunch
Afternoon	Free time to relax, read, sleep, Find your special spot
7.00 pm	Dinner
After dinner	Therapy to help sleep

SATURDAY

7.30 – 9.00 am	Morning Yoga
9.00 – 10.30 am	Breakfast
11.00 – 2.00 pm	Activity chosen by your weekend group
2.30 – 3.30 pm	First massage
3.45 – 4.45 pm	Second Massage
5.00 – 6.00 pm	Third Massage
Other options:	Swim in river; walk around property; Outdoor hot bath
7.00 pm	Dinner
After Dinner	Evening session in Yoga room

SUNDAY

7.30 – 9.00 am	Morning Yoga
9.00 – 10.30 am	Breakfast
10.30 – 11.00 am	Pack up and clear rooms
11.00 – 12.30	Gentle Walk & Yoga sequence
12.30 – 1.00	Closing session in Yoga room
1.00 – 2.30	Lunch
	Guests leave after lunch