



Retreat's Schedule

6th June, Saturday

15:00 Arrival and Check in
18:00 Welcome Meeting
19:00 **Yoga Nidra**
20:00 Ayurvedic Dinner

7th June, Sunday

08:00 **Ashtanga Yoga** (*mysore style*)
10:30 Brunch
11:30 **Eight Paths of Ashtanga Yoga**
Free time
18:00 **Hatha Yoga: Forward Bending**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

8th June, Monday

08:00 **Ashtanga Yoga** (*mysore style*)
10:30 Brunch
11:30 **Going deep into Standing Sequence**
Free time
18:00 **Hatha Yoga: Strength and Flexibility**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

9th June, Tuesday

08:00 **Ashtanga Primary Series** (*led class*)
10:30 Brunch
11:30 **Going deep into Seated Sequence**
Free time
18:00 **Hatha Yoga: Hip Opening**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

10th June, Wednesday

08:00 **Ashtanga Yoga** (*mysore style*)
10:30 Brunch
11:30 **Q&A Ashtanga practice**
Free time
18:00 **Hatha Yoga: Back Bends & Twists**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

11th June, Thursday

08:00 **Ashtanga Primary Series** (*led class*)
10:30 Brunch
11:30 **Going deep into Closing Sequence**
Free time
18:00 **Hatha Yoga: Rishikesh Class**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

12th June, Friday

08:00 **Ashtanga Yoga** (*mysore style*)
10:30 Brunch
11:30 **Q&A Ashtanga practice**
Free time
18:00 **Hatha Yoga: Challenging Salutations**
20:00 Ayurvedic Dinner
22:30 Lights off, silence and rest

13th June, Friday

08:00 **Pranayama and Meditation**
09:30 Breakfast
12:30 Check out and Departure