

## PROGRAM

### **Sunday September 6:**

16.00 – arrival and rooms ready  
17.00 – 18.00 welcome: meditation and movement  
18.30 – 19.30 dinner  
22.00 silence

### **Monday September 7:**

7.30 – 8.00 silent meditation  
8.00 – 9.45 led ashtanga yoga & foundations  
10.15 – 11.15 brunch  
11.15 – 16.30 off time  
16.30 – 18.15 mindfulness & yin  
18.30 – 19.30 dinner  
21.00 – 21.30 silent meditation  
22.00 silence

### **Tuesday September 8:**

6.00 – 7.00 sunrise meditation at beach side  
8.00 – 9.45 led ashtanga yoga & foundations  
10.15 – 11.15 brunch  
11.15 – 16.30 off time  
16.30 – 18.15 mindfulness & yin  
18.30 – 19.30 dinner  
21.00 – 21.30 silent meditation  
22.00 silence

### **Wednesday September 9:**

7.30 – 8.00 silent meditation  
8.00 – 9.45 mysore ashtanga  
10.15 – 11.15 brunch  
11.30 – 18.30 afternoon program  
18.30 – 20.30 dinner out  
22.00 silence

**Thursday September 10:**

7.30 – 8.00	silent meditation
8.00 – 9.45	mysore ashtanga
10.15 – 11.15	brunch
11.15 – 16.30	off time
16.30 – 18.15	mindfulness & yin
18.30 – 19.30	dinner
21.00 – 21.30	silent meditation
21.30	silence

**Friday September 11:**

7.30 – 8.00	silent meditation
8.00 – 9.45	mysore ashtanga
10.15 – 11.15	brunch
11.15 – 16.30	off time
16.30 – 18.15	mindfulness & yin
19.00 – 21.30	dinner out
22.00	silence

**Saturday September 12:**

9.00 – 10.00	closure and meditation
10.15 – 11.15	brunch
11.30	departure