

PROGRAM

Sunday June 27:

16.00 – arrival and rooms available
18.30 – 19.30 dinner
19.45 – 20.45 welcome & meditation
22.00 silence

Monday June 28:

8.00 – 9.45 meditation & yoga
10.15 – 11.15 brunch
11.15 – 16.00 relax time
16.00 – 17.45 meditation & yin yoga
18.30 – 19.30 dinner
22.00 silence

Tuesday June 29:

8.00 – 9.45 meditation & yoga
10.15 – 11.15 brunch
11.15 – 16.00 relax time
16.00 – 17.45 meditation & yin yoga
18.30 – 19.30 dinner
22.00 silence

Wednesday June 30:

8.00 – 9.45 meditation & yoga
10.15 – 11.15 brunch
11.30 – 18.30 afternoon program
18.30 – 21.00 dinner out
21.30 silence

Thursday July 1:

8.00 – 9.45 meditation & yoga
10.15 – 11.15 brunch
11.15 – 16.00 relax time
16.00 – 17.45 meditation & yin yoga
18.30 – 19.30 dinner
22.00 silence

Friday July 2:

8.00 – 9.45	meditation & yoga
10.15 – 11.15	brunch
11.15 – 16.00	relax time
16.00 – 17.45	meditation & yin yoga
18.30 – 21.30	dinner out
22.00	silence

Saturday July 3:

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