



Knowing Yoga (3 nights / 4 days)

1st Day

- Check in after 2PM
- Briefing with Yoga teacher at 5PM
- 6pm - 7pm Yoga sessios
- Dinner

2nd and 3rd Day

Morning

- 6.30 - 7.30 Yoga Meditation Program
- 7.30 - 8.00 Tea Break
- 8.00 - 10.00 Yoga practice
- 10.00 -11.00 Breakfast
- 11.00 -12.00 Karma yoga

Afternoon

- 1.00 - 2.00 Lunch time
- 2.00 - 3.30 Introduction to yoga
- 3.30 - 4.00 Tea Break
- 4.00 - 6.00 Yoga Practice
- 6.00 - 7.00 Bajan

4th Day

- 6.30 - 7.30 Yoga session
- 8.00 Breakfast
- 11.00 Check out