1 Nov

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| --- | --- |
| 2pm arrival and check-in | |
| 5-6.15pm | yin yoga (75 min) | |
| 2 Nov  8-8.30am | meditation & pranayama | |
| 8.30-10am | dynamic flow yoga 90min (all levels) | |
| 10-11am | breakfast | |
| 11-4pm | free time | |
| 4-5pm | relax and rejuvenate workshop (discussion) | |
| 5-6pm | yin yoga 60min | |
| 6-7pm | Free time | |
| 7pm | Welcome dinner | |

3 Nov

|  |  |
| --- | --- |
| 8-8.30am | meditation & pranayama |
| 8.30-9.30am | dynamic flow yoga 60min (all levels) |
| 9.30-10am | gut-brain workshop (discussion) |
| 10-11am | Breakfast |
| 11am-1pm | mindfulness workshop (practice and discussion) |
| 1-4pm | free time |
| 4-5.30pm | yin yoga (90 min) |

4 Nov

|  |  |
| --- | --- |
| 8-8.30am | meditation & pranayama |
| 8.30-10am | dynamic flow yoga 90min (all levels) |
| 10-11am | Breakfast |
| 11-4pm | Free time |
| 4-5pm | sleep well workshop (discussion) |
| 5-6pm | restorative yoga 60min |
| 6-7pm | yoga nidra 60min |

5 Nov

|  |  |
| --- | --- |
| 8-8.30am | meditation & pranayama |
| 8.30-10am | dynamic flow yoga 90min (all levels) |
| 10-11am | Breakfast |
| 11-4pm | Free time |
| 4-5.30pm | yin yoga 90min |
| 5.30- 6.30pm | Free time |
| 6.30pm | Group dinner |

6 Nov

|  |  |
| --- | --- |
| 8-8.30am | meditation & pranayama |
| 8.30-10am | dynamic flow yoga 90min (all levels) |
| 10-11am | Breakfast |
| 12pm | check out time |