

## Beyond Femininity Workshop with Ujallah

	Day 1	Day 2	Day 3	Day 4
09:15-09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
10:00	Intro Tour & Registration Breakfast	Breakfast	Breakfast	Breakfast
11:00	Workshop Opening Session	Workshop Session	Workshop Session	Workshop Session
14:00	Lunch	Lunch	Lunch	Lunch
	Island/Beach time	Island/Beach time	Island/Beach time	16:00 Workshop Closing Session
19:00-21:00	Kundalini/Movement/ Pilates	Kundalini/Movement/ Pilates	Kundalini/Movement/ Pilates	
21:00	Evening Session	Evening Session	Evening Session	