

Full Moon | Kundalini Yoga and Gong Retreat with Veronique

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
05:00-06:30	Arrival & Check In	Sunrise Beach Sadhana (optional)	Sunrise Beach Sadhana (optional)	Sunrise Beach Sadhana (optional)	Sunrise Beach Sadhana (optional)	Sunrise Beach Sadhana (optional)
		Break	Break	Break	Break	Break
09:00-11:30		Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice
11:30		Brunch	Brunch	Brunch	Brunch	Brunch
		Beach/Island time	Beach/Island time	Beach/Island time	Beach/Island time	Beach/Island time
17:00-19:30	19:00 Welcome Tour & Registration	Afternoon Practice	Afternoon Practice	Afternoon Practice	Afternoon Practice	Afternoon Practice
20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
22:00						Full Moon Concert & Gong Bath