

The Complete Way of Yoga with Thelgia & Galit

	Day 1	Day 2	Day 3
09:00-10:00	Morning Practice	Morning Practice	Morning Practice
10:00	Breakfast	Breakfast	Breakfast
11:00-13:30	Talk & Meditation	Talk & Meditation	Talk & Meditation
	Island Time	Island Time	Island Time
16:30-19:45	Pranayama, Talk & Meditation	Pranayama, Talk & Meditation	Pranayama, Talk & Meditation
19:45	Dinner	Dinner	Dinner