

## Yoga Mindfulness | Sound Healing with Ouvi & Nessi

	Day 1	Day 2	Day 3	Day 4	Day 5
08:00-10:00	Arrival & Check In	Pranayama & Asana Practice	Pranayama & Asana Practice	Pranayama & Asana Practice	Pranayama & Asana Practice
10:00		Breakfast	Breakfast	Breakfast	Breakfast
11:00-12:00		Sound Healing	Sound Healing	Sound Healing	Sound Healing
		Beach/Island time	Beach/Island time	Beach/Island time	Beach/Island time
18:00-19:00		18:00 Welcome Tour, Registration & Opening Session	Mindfulness & Meditation	Mindfulness & Meditation	Mindfulness & Meditation
19:00-20:00	Sound Healing		Sound Healing	Sound Healing	Sound Healing
20:00	Dinner	Dinner	Dinner	Dinner	Dinner