



Yoga Theory & Practice | Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
09:00 – 10:00		Yoga	Yoga	Yoga	Yoga
10:00		Breakfast	Breakfast	Breakfast	Breakfast
11:00 – 13:30		Talk & Meditation	Talk & Meditation	Talk & Meditation	Talk & Meditation
16:30 – 19:30	Intro tour & registration	Pranayama, Talk & Meditation	Pranayama, Talk & Meditation	Pranayama, Talk & Meditation	Pranayama, Talk & Meditation
19:30		Dinner	Dinner	Dinner	Dinner