



## Autumn Yoga Vacation with Nehama | 2023 Schedule

	Wed   Oct 18	Thurs   Oct 19	Fri   Oct 20	Sat   Oct 21	Sun   Oct 22
08:00 – 10:30		Morning Practice	Morning Practice	Morning Practice	Closing Session
10:30		Breakfast	Breakfast	Breakfast	Breakfast
17:00 – 19:30	Orientation, registration & Opening Session	Afternoon practice	Afternoon practice	Afternoon practice	
19:30	Dinner	Dinner	Dinner	Dinner	