



Yoga & Wellness with Nicki & Amy | 2025 Schedule

	Fri Oct 17	Sat Oct 18	Sun Oct 19	Mon Oct 20	Tues Oct 21	Wed Oct 22	Thurs Oct 23
09:00 – 11:00		Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Movement & Breath work	Yoga, Breath work & Closing
11:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
17:30 – 19:30	Intro tour, registration & Opening Session	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	Talk, Meditation & Relaxation	
19:30	Dinner	Dinner		Dinner		Dinner	