



Vinyasa with Ouvi | EllaYoga in Tao's

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
08:00 – 10:30		Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice
10:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
11:30 – 13:00		Noon Practice	Noon Practice	Noon Practice	Noon Practice	
13:30		Lunch	Lunch	Lunch	Lunch	
18:00 – 20:30	Intro tour, registration & opening session					
20:30	Dinner					