



Hatha & Yin Yoga Retreat with Pascal | 2026 Schedule

| | Sun June 14 | Mon June 15 | Tues June 16 | Wed June 17 | Thurs June 18 | Fri June 19 | Sat June 20 |
|---------------|--|--|--|--|--|--|-----------------|
| 08:00 – 10:30 | | Morning Meditation & Hatha Flow Practice | Morning Meditation & Hatha Flow Practice | Morning Meditation & Hatha Flow Practice | Morning Meditation & Hatha Flow Practice | Morning Meditation & Hatha Flow Practice | Closing Session |
| 10:30 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| | | | | | | | |
| 17:00 – 19:30 | Intro tour, registration & Opening Session | Yin Yoga Practice | Yin Yoga Practice | Yin Yoga Practice | Yin Yoga Practice | Yin Yoga Practice | |
| 19:30 | Dinner | Dinner | | Dinner | | Dinner | |