



The Art Of Being Yoga Retreat | May 2025 Schedule

| | Tues May 6 | Wed May 7 | Thurs May 8 | Fri May 9 | Sat May 10 | Sun May 11 |
|----------------------|--|--|--|--|--|---|
| 08:30 – 11:00 | | Self Practice, Meditation & Morning Practice | Self Practice, Meditation & Morning Practice | Self Practice, Meditation & Morning Practice | Self Practice, Meditation & Morning Practice | Self Practice, Meditation & Closing Session |
| 11:00 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
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| 17:00 – 19:30 | Intro tour, registration & Opening Session | Theory, Insights & Evening Practice | Theory, Insights & Evening Practice | Theory, Insights & Evening Practice | Theory, Insights & Evening Practice | |
| 19:30 | Dinner | Dinner | Dinner | Dinner | Dinner | |