



# Spring Yoga Vacation Schedule | April 2024

	Wed   April 10	Thurs   April 11	Fri   April 12	Sat   April 13	Sun   April 14	Mon   April 15
<b>08:30 – 10:30</b>		Meditation & Vinyasa Asanas Practice	Meditation & Vinyasa Asanas Practice	Meditation & Vinyasa Asanas Practice	Meditation & Vinyasa Asanas Practice	Closing Session
<b>10:30</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>17:00 – 19:30</b>	Intro tour, registration & Opening Session	Theory, Insights & Yin Asanas Practice	Theory, Insights & Yin Asanas Practice	Theory, Insights & Yin Asanas Practice	Theory, Insights & Yin Asanas Practice	
<b>19:30</b>	Dinner	Dinner	Dinner	Dinner	Dinner	