



# Spring Yoga Vacation Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
08:30 – 10:30		Meditation & Vinyasa Asanas Practice	Meditation & Vinyasa Asanas Practice	Meditation & Vinyasa Asanas Practice	Closing Session
10:30		Breakfast	Breakfast	Breakfast	Breakfast
17:00 – 19:30	Intro tour, registration & Opening Session	Theory, Insights & Yin Asanas Practice	Theory, Insights & Yin Asanas Practice	Theory, Insights & Yin Asanas Practice	
19:30	Dinner	Dinner	Dinner	Dinner	