



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		Meditation	Meditation	Meditation	Meditation	Meditation
09:00 – 10:30		Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice & Closing Session
10:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
16:30		Studies	Studies	Studies	Studies	
17:30 – 19:00	Intro tour, registration & Opening Session	Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice	
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	