



The Art Of Being Yoga Retreat | May 2026 Schedule

	Tues May 5	Wed May 6	Thurs May 7	Fri May 8	Sat May 9	Sun May 10
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	