



The Art Of Being Yoga Retreat | October 2026 Schedule

	Sun Oct 11	Mon Oct 12	Tues Oct 13	Wed Oct 14	Thurs Oct 15
08:30		Meditation	Meditation	Meditation	Meditation
09:00 – 10:30		Yoga Practice	Yoga Practice	Yoga Practice	Yoga Practice & Closing Session
10:30		Breakfast	Breakfast	Breakfast	Breakfast
16:30		Studies	Studies	Studies	
17:30 – 19:00	Intro tour, registration & Opening Session	Yoga Practice	Yoga Practice	Yoga Practice	
19:00	Dinner	Dinner	Dinner	Dinner	