



# Yoga & Dance Journey Schedule | May 2026

	Sun   May 24	Mon   May 25	Tues   May 26	Wed   May 27	Thurs   May 28	Fri   May 29
09:00 – 10:30		Yoga	Yoga	Yoga	Yoga	Yoga
10:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
11:45 – 13:15		Dance	Dance	Dance	Dance	Dance & Closing Circle
13:30		Lunch	Lunch	Lunch	Lunch	Lunch
18:00 – 19:15	17:00 Orientation, registration & Opening Session	Yin Yoga	15:00 Hike in Nature	Yin Yoga	17:00 Outdoors Dance Session	
19:30	Dinner	Free evening	Dinner (optional)	Free evening	Dinner	