

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	