

ANNUAL COMMUNITY YOGA RETREAT

COLOUR LEGEND	TIME	ANNUAL COMMUNITY YOGA RETREAT				
		Thursday Aug 1	Friday Aug 2	Saturday Aug 3	Sunday Aug 4	Monday Aug 5
	5:00					
	5:30					
	6:00		Pad Kirtan	Pad Kirtan	Pad Kirtan	Pad Kirtan
	6:30					
	7:00		Arati	Arati	Arati	Arati
	7:30		Shat Karma	Shat Karma	Shat Karma	Shat Karma
	8:00		Pranayama Meditation	Latte Da Café	Kids Program	Pranayama Meditation
	8:30					
	9:00					
	9:30		Asana Classes		Asana Classes	
	10:00		Cleanse and Reset Yoga Journey (Aurelia)	Heart Chakra Flow (Lolly)	General Dosha Balancing (Jyoti)	Gentle Hatha Yoga (Rajani R)
	10:30					
	11:00					
	11:30		Brunch	Brunch	Brunch	Brunch
	12:00					
	12:30		Latte Da Café	Jai Store	Latte Da Café	Jai Store
	1:00	Check-in Starts		Family Yoga		Satsang
	1:30					
	2:00			Bhagavad Gita Discussion		Yoga Sutra Discussion
	2:30					
	3:00	Tea / Snack				Tea / Snack & Sunday Talent Show
	3:30		Tea / Snack		Latte Da Café	Tea / Snack
	4:00					
	4:30					
	5:00		Asana Classes		Asana Classes	
	5:30	Breathing with Nature (Carolyn)	Self Healing Yoga Journey (Aurelia)	Yin For The Spine (Lolly)	All Levels Hatha (Sahaja)	Forgiveness Series (Chetna & Bhavani S)
	6:00					
	6:30	Arati	Arati	Arati	Arati	Arati
	7:00					
	7:30		Dinner	Dinner	Dinner	Dinner
	8:00					
	8:30		Latte Da Café	Jai Store	Latte Da Café	Jai Store
	9:00					
	9:30					
	10:00					

Ⓡ Reception 1 pm - 6 pm

Ⓡ Reception 9 am - 11 am 3:30 pm - 6 pm

Ⓡ Reception 9 am - 11 am 3:30 pm - 6 pm

Ⓡ Reception 9 am - 11 am 3:30pm - 8pm

Ⓡ Reception 9 am - 11 am 5 pm - 6:30 pm