

PROGRAMME FOR 1-5 AUGUST 2018 (Level 4)**1st August Arrival from 5pm**

Wednesday 7-8pm Dinner
8pm Welcome Ceremony

2nd August

Thursday 8-9am Yoga Movement
9-10am Breakfast
10am-1pm Teachings, Demonstration & Massage
1-2pm Lunch
2-5pm Massage
5-7pm Time for You
7-8pm Dinner
8-10pm Teachings/Meditations

3rd August

Friday 8-9am Yoga Movement
9-10am Breakfast
10am-1pm Teachings, Demonstration & Massage
1-2pm Lunch
2-5pm Massage
5-7pm Time for You
7-8pm Dinner
8-10pm Teachings/Meditations

4th August

Saturday 8-9am Yoga Movement
9-10am Breakfast
10am-1pm Teachings, Demonstration & Massage
1-2pm Lunch
2-5pm Massage
5-7pm Time for You
7-8pm Dinner
8-10pm Teachings/Meditations

5th August

Sunday 8-9am Breakfast
9-10:30am First Massage Session
11-12:30pm Second Massage Session
1-2pm Lunch
2-3pm Closing Ceremony