

**PROGRAMME FOR 10<sup>th</sup> – 18<sup>th</sup> NOVEMBER 2018 (Level 1, 2 & 3)**

<b>10<sup>th</sup> November</b>	Arrival from 5pm.	
Saturday 8pm		Welcome Ceremony
<b>11<sup>th</sup> November</b>	8-9am	Yoga Movement
Sunday	9-10am	Breakfast
	10am-1pm	Teachings, Demonstration & Massage
	1-2pm	Lunch
	2-5pm	Massage
	5-7pm	Time for You
	7-8pm	Dinner
<b>12<sup>th</sup> November</b>	8-9am	Yoga Movement
Monday 9-10am		Breakfast
	10am-1pm	Teachings, Demonstration & Massage
	1-2pm	Lunch
	2-5pm	Massage
	5-7pm	Time for You
	7-8pm	Dinner
<b>13<sup>th</sup> November</b>	8-9am	Yoga Movement
Tuesday 9-10am		Breakfast
	10am-1pm	Teachings, Demonstration & Massage
	1-2pm	Lunch
	2-5pm	Massage
	5-7pm	Time for You
	7-8pm	Dinner
<b>14<sup>th</sup> November</b>	8-9am	Breakfast
Wednesday	9:30-11am	First Massage Session
	11:30-1pm	Second Massage Session
	1-2pm	Lunch
	2-3 pm	Closing Ceremony
	3-7pm	Leisure Time
	7-8pm	Dinner
	8pm	Welcome Ceremony (Level 3)
<b>15<sup>th</sup> November</b>	8-9am	Yoga Movement
Thursday 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
<b>16<sup>th</sup> November</b>	8-9am	Yoga Movement
Friday	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
<b>17<sup>th</sup> November</b>	8-9am	Yoga Movement
Saturday 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
<b>18<sup>th</sup> November</b>	8-9am	Breakfast
Sunday	9-10:30am	First Massage Session
	11-12:30pm	Second Massage Session
	1-2pm	Lunch
	2-3pm	Closing Ceremony