

PROGRAMME FOR 12TH – 20TH MAY 2018 (Level 1, 2 & 3)

12th May:	Arrival from 5pm.
Saturday 8pm	Welcome Ceremony
13th May: 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
14th May: 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
15th May 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
16th May 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)
17th May 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
18th May 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
19th May 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
20th May 8-9am	Breakfast
Sunday	9-10:30am First Massage Session
	11-12:30pm Second Massage Session
	1-2pm Lunch
	2-3pm Closing Ceremony