

PROGRAMME FOR 17th – 25th FEBRUARY 2018 (Level 1, 2 & 3)

17th February:	Arrival from 5pm.
Saturday 8pm	Welcome Ceremony
18th February:	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
19th February:	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
20th February	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
21st February	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)
22nd February	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
23rd February	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
24th February	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
25th February	8-9am Breakfast
Sunday	9-10:30am First Massage Session
	11-12:30pm Second Massage Session
	1-2pm Lunch
	2-3pm Closing Ceremony