

PROGRAMME FOR 4th – 12th NOVEMBER 2017 (Level 1, 2 & 3)

4th November:	Arrival from 5pm.	
Saturday 8pm	Welcome Ceremony	
5th November:	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
6th November:	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
7th November	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
8th November	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)
9th November	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
10th November	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
11th November	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
12th November	8-9am	Breakfast
Sunday	9-10:30am	First Massage Session
	11-12:30pm	Second Massage Session
	1-2pm	Lunch
	2-3pm	Closing Ceremony