

Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am Yoga	7am Yoga	7am Yoga	7am Yoga	7am Yoga	7am Yoga	7am Yoga
8am-8:30am Breakfast	8am-8:30am Breakfast	8am-8:30am Breakfast	8am-8:30am Breakfast	8am-8:30am Breakfast	8am-8:30am Breakfast	8am-8:30am Breakfast
9am Room Checkout	9am Room Checkout		9am Room Checkout		9am Room Checkout	
9:15am Wellness Workshop & Closing	9:15am Wellness Workshop & Closing	9:15am Wellness Workshop	9:15am Wellness Workshop & Closing	9:15am Wellness Workshop	9:15am Wellness Workshop & Closing	9:15am Wellness Workshop
11am Yoga*	11am Yoga*	11am Yoga*	11am Yoga*	11am Yoga*	11am Yoga*	11am Yoga*
12pm-1:15pm Lunch	12pm-1:15pm Lunch	12pm-1:15pm Lunch	12pm-1:15pm Lunch	12pm-1:15pm Lunch	12pm-1:15pm Lunch	12pm-1:15pm Lunch
Departures	Departures	Live Music	Departures		Departures	
3:15pm Welcome Talk	3:15pm Welcome Talk		3:15pm Welcome Talk		3:15pm Welcome Talk	
3:30pm Yoga**	3:30pm Yoga**	3:30pm Yoga**	3:30pm Yoga**	3:30pm Yoga**	3:30pm Yoga**	3:30pm Yoga**
4:45pm Yoga	4:45pm Yoga	4:45pm Yoga	4:45pm Yoga	4:45pm Yoga	4:45pm Yoga	4:45pm Yoga
6pm-6:30pm Dinner	6pm-6:30pm Dinner	6pm-6:30pm Dinner	6pm-6:30pm Dinner	6pm-6:30pm Dinner	6pm-6:30pm Dinner	6pm-6:30pm Dinner
7:30pm Retreat Opening & Meditation	7:30pm Retreat Opening & Meditation	7:30pm Movie	7:30pm Retreat Opening & Meditation	7:30pm Meditation and Live Music	7:30pm Retreat Opening & Meditation	7:30pm Meditation and Live Music

Book into 7am or 11am morning yoga / 3.30pm or 4.45pm afternoon yoga on sheets provided. 1 morning and 1 afternoon yoga class per person per day is included.

All yoga classes are 60 minutes long.

* If your treatment is scheduled for 11am, please attend the 7am yoga class.

** 3:30pm yoga only runs if guest numbers are above 25.