
RETREAT PROGRAM

All session times displayed are in CET (Central European time).

Thursday, December 2nd

Opening ceremony	3:00- 4:00 PM
Restorative Yoga class	4:30- 5:30 PM

Friday, December 3rd

Morning Yoga	8:00- 9:15 AM
Ayurveda Talk & Q&A	11:00 - 12:00 PM
Restorative Yoga class	3:00 - 4:30 PM

Saturday, December 4th

Morning Yoga	8:00- 9:15 AM
Ayurveda Talk & Q&A	11:00 - 12:00 PM
Restorative Yoga class	3:00 - 4:30 PM

Sunday, December 5th

Morning Yoga	8:00- 9:15 AM
Ayurveda Talk & Q&A	11:00 - 12:00 PM
Restorative Yoga class	3:00 - 4:30 PM
Closing ceremony	5:00 - 6:00 PM