



## Sample daily schedule

### 7 Days Inspiring yoga

-Day 1:

- \* 17:00 (or later) Check in
- \* Dinner and introduction
- \* 22:00 Silence

-Day 2:

- \* Morning Yoga and Pranayama
- \* Breakfast
- \* Free time
- \* End of afternoon Yin yoga
- \* Dinner
- \* 22.00 Silence

-Day 3:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* Late morning Mindful walk in natural park, opportunity to extend this as a day activity
- \* Free time & dinner at your own cost in a local restaurant
- \* 22:00 Silence

- Day 4:

- \* Morning Beach yoga, introduction to acro yoga & photo shoot
- \* Breakfast
- \* Free time
- \* End of afternoon yoga nidra
- \* Dinner
- \* 22:00 Silence

-Day 5:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* Free time
- \* Lunch with the group in local resto (or veggie/fish BBQ if possible)
- \* Group Sound healing
- \* Free evening
- \* 22:00 Silence

-Day 6:

- \* Morning Yoga & Pranayama
- \* Breakfast (10:00 Check out 6 days guests)
- \* Free time
- \* End of afternoon Yin, hatha or nidra yoga
- \* Dinner
- \* 22:00 Silence

-Day 7:

- \* Morning Yoga & Pranayama
- \* Breakfast
- \* 10:00 Check out