

28 Jan

14:00h Arrival
16:00h Introduction
17:00h Yin Yoga
18:30h Dinner
Start silence
20:00h Meditation
22:00h Lights out

29 Jan

7:30h Meditation
8:30h Hatha / Hatha Flow
9:30h Breakfast & Break
11:00h Reflection Session
12:15h Meditation
13:30h Lunch & Break
16:00h Satsang (Q&A)
17:00h Yin Yoga & Meditation
18:30h Dinner
20:00h Meditation
22:00h Lights out

30 Jan

7:30h Meditation
8:30h Hatha / Hatha Flow
9:30h Breakfast & Break
11:00h Reflection Session
12:15h Meditation
13:30h Lunch & Break
16:00h Satsang (Q&A)
17:00h Yin Yoga & Meditation
18:30h Dinner
20:00h Meditation
22:00h Lights out

31Jan

7:30h Meditation
8:30h Hatha / Hatha Flow
9:30h Breakfast & Break
11:00h Reflection Session
12:15h Meditation
13:30h Lunch & Break
16:00h Satsang (Q&A)
17:00h Yin Yoga & Meditation
18:30h Dinner
20:00h Meditation & Breaking the Silence
22:00h Lights out

1st Feb

7:30h Meditation
8:30h Hatha / Hatha Flow
9:30h Breakfast
12h Check out

It is good for beginners so no worries if you are inexperienced. Would be lovely to have you join.