

HIGH NATURE - YOGA LIFESTYLE RETREAT SCHEDULE: 30th June – 3rd July 2017

Day 1 Reconnecting with the Body

4:00 Opening Circle and Vinyasa Yoga

6:00 Dinner

7:30 Ayurveda - Understanding your Dosha

Day 2 Stress Release - Back to Bliss

8:00 Dynamic Meditation

9:30 Breakfast

11:30 Restorative Yoga

1:00 Lunch

4:00 Breath-work session

5:30 Tea and fruits

6:30 Cacao Ceremony

8:30 Supper

Day 3 Bringing Bliss to Everyday Life

7:30 Pranayama and Meditation

8:00 Vinyasa Yoga with elements of Qi Gong

9:30 Breakfast

11:30 Cooking with Superfoods: how to optimise your diet to be more productive

1:00 Lunch

4:00 Simple Yoga for the Desk

6:30 Dinner

8:00 Self-massage: Myofascia techniques to do anywhere

Day 4 Closing

7:30 Pranayama and Meditation

8:00 Vinyasa Yoga with elements of Qi Gong

9:30 Breakfast

11:30 Closing circle