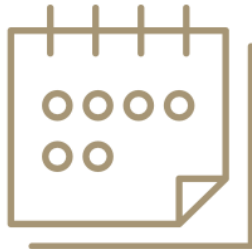


Example of a Weekly Programme



Monday:

06.30 - 07.30 Sattva-Yoga
07.45 - 08.45 Sattva-Yoga
17.45 - 18.45 Yoga-Nidra

Tuesday:

06.30 - 07.30 Sattva-Yoga
07.45 - 08.45 Sattva-Yoga
14.30 - 15.30 Cooking workshop
17.00 - 18.00 Aerial / Wing-Yoga

(Advance booking is required)

20.30 - 21.30 Sound Healing

(Advance booking is required)

Wednesday:

06.30 - 07.30 Integral-Yoga
07.45 - 08.45 Integral-Yoga
17.45 - 18.45 Kundalini-Yoga

Thursday:

06.30 - 07.30 Integral-Yoga
07.45 - 08.45 Integral-Yoga
17.45 - 18.45 Breathwork

(Advance booking is required)

Friday:

06.30 - 07.30 Akhanda-Yoga
07.45 - 08.45 Akhanda-Yoga
17.45 - 18.45 Surya Namaskar

Saturday:

06.30 - 07.30 Sattva-Yoga
07.45 - 08.45 Sattva-Yoga
17.45 - 18.45 Meditation: Pause & Reset

Sunday:

06.30 - 07.30 Akhanda-Yoga
07.45 - 08.45 Akhanda-Yoga
20.00 - 21.30 Dreamcatcher Workshop

(Advance booking is required)

* All yoga and meditation classes take place in the yoga room

** All changes subject to change