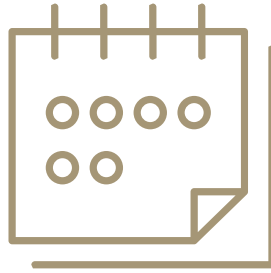


# Example of a weekly programme



## Monday:

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
16.15 - 17.15 Yoga-Nidra  
17.30 - 18.30 Yoga-Nidra

## Tuesday:

06.30 - 07.30 Hatha-Yoga  
07.45 - 08.45 Hatha-Yoga  
14.30 - 15.30 Cooking workshop  
16.45 - 17.45 Aerial / Wing-Yoga

*(Advance booking is required)*

20.30 - 21.30 Group Sound Healing

*(Advance booking is required)*

## Wednesday:

06.30 - 07.30 Integral-Yoga  
07.45 - 08.45 Integral-Yoga  
16.15 - 17.15 Kundalini-Yoga  
17.30 - 18.30 Kundalini-Yoga

## Thursday:

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
17.00 - 18.00 Yoga Dance

*(Advance booking is required)*

## Friday:

06.30 - 07.30 Akhanda-Yoga  
07.45 - 08.45 Akhanda-Yoga  
16.15 - 17.15 Surya Namaskar  
17.30 - 18.30 Surya Namaskar

## Saturday:

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
16.00 - 18.00 Group Healing

*(Advance booking is required)*

## Sunday:

06.30 - 07.30 Hatha-Yoga  
07.45 - 08.45 Hatha-Yoga  
16.15 - 16.45 Meditation  
17.00 - 17.30 Meditation

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

\*\* All changes subject to change