

YOGA | MEDITATION | PRANAYAMA

FULL MOON RETREAT

WEDNESDAY

- 4.00PM: HERBAL TEA
- 5.00PM: OPENING CIRCLE
- 6.30PM: FULL MOON CEREMOMY
- 8.30PM: NOURISHING DINNER

THURDAY

- 6.30AM: CONNECT - MEDITATION
- 7.30AM: CHAI & FRUITS
- 8.30 AM: RESET - YOGA SESSION
- 11.00 AM: HOLISTIC BRUNCH
- 3.00 PM: ACROYOGA
- 4.30 PM: TEA TIME
- 5.00 PM: DETOX BREATHWORK WORKSHOP
- 7.00PM: NOURISHING DINNER
- 8.00PM: PEACE & PRESENCE - YOGA NIDRA

FRIDAY

- 6.30AM: EXPAND - MEDITATION
- 7.30AM: CHAI & FRUITS
- 8.30AM: REVITALICE - YOGA SESSION
- 11.30AM: HOLISTIC BRUNCH
- 1.30PM: LOVE & KINDNESS - YOGA SESION
- 4.00PM: CLOSING CIRCLE & SHARING
- 5.00PM: TAKE WITH YOU THE BLISS