

Ayatana Yoga "Practicing here and now"			Yoga and Meditation Retreat Timetable September 2014
	Friday 5th September		
4.00pm onwards	Arrive	Time to settle in	
7.00pm	Welcome Dinner		
8.30-8.45pm	Introductions		
8.45-9.00pm	Pranayama		
9.00-9.45pm	Yoga Nidra	Deep relaxation, practised in savasana	
	Saturday 6th September		
08.00-08.15am	Pranayama	Breath work	
08.15-08.45am	Meditation	General practice to encourage internal connection focusing on being present in the body and breath	
08.45-09.45am	Hatha Yoga	A gentle but deep practice encompassing pranayama, meditation and asana (poses)	
10.00am	Breakfast		
	Free Time	Your own time to enjoy the surrounding countryside, baths, saunas etc	
12.00-12.15pm	Pranayama	Breath work	
12.15-1.00pm	Vinyasa Flow	A stronger, more energetic and flowing practice with more challenging poses	
1.15pm	Lunch		
	Free Time	Your own time to enjoy the surrounding countryside, baths, saunas etc	
5.00pm-5.15pm	Pranayama	Breath work	
5.15-6.30pm	Restorative	A very gentle practice using props to encourage deep relaxation	
7.00pm	Dinner		
	Free Time	Your own time to enjoy the surrounding countryside, baths, saunas etc	
8.30-9.30pm	Candle meditation and yin	Gentle poses held for a longer period of time	
9.30-10.00pm	Yoga Nidra	Deep relaxation practised in savasana	
	Sunday 7th September		
07.30-08.00am	Chanting	Buddhist Chanting	
08.00-08.30am	Meditation	General practice to encourage internal connection focusing on being present in the body and breath	
08.30-09.00am	Pranayama	Breath work	
09.00-09.45	Hatha Yoga	A gentle but deep practice encompassing pranayama, meditation and asana (poses)	
10.00am	Breakfast		
	Free Time	Your own time to enjoy the surrounding countryside, baths, saunas etc	
11.45-12.45pm	Vinyasa Flow Class	A stronger, more energetic and flowing practice with more challenging poses	
1.00pm	Final Meditation	A guided meditation to complete the weekend	
1.15pm	Lunch		
2.00pm	Home		

