


<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	
Dawn Meditation <i>in the Longhouse</i>	Dawn Meditation <i>in the Longhouse</i>	Dawn Meditation <i>in the Longhouse</i>	Dawn Meditation <i>in the Longhouse</i>	Dawn Meditation <i>in the Longhouse</i>	
Asana Class	Asana Class	Asana Class	Asana Class	Asana Class	
Free time	Free time	Rest Relax Rejuvenate (bum around on the beach) 	Free Time	Free Time	
Hridaya – the heart of consciousness <i>Yoga Room</i>	Coffee and Yoga Chat <i>on the Balcony</i>		Mindfulness Group: In the Heart together <i>Yoga Room</i>	Coffee and Yoga Chat <i>on the Balcony</i>	
Free Time	Free Time		CHANTING <i>Yoga Room</i>	Free Time	
Shavasana <i>Yoga Room</i>					
Free Time	Free time		Free Time		
Personal obstacles 1 <i>Yoga Room</i>	Personal Obstacles 2 <i>Yoga Room</i>			You, me, we... <i>Yoga Room</i>	And what now? <i>Yoga Room</i>
Free Time	Free Time			Free Time	Free Time
Rejuvenate with Yoga	MINDFULNESS WALK		Shavasana	Rejuvenate with Yoga	Rejuvenate with Yoga
	Free Time		Free Time		
Twilight Meditation <i>Yoga Room</i>	Twilight Meditation <i>Yoga Room</i>		Twilight Meditation <i>Yoga Room</i>	Twilight Meditation <i>Yoga Room</i>	Twilight Meditation <i>Yoga Room</i>
Free Time	Free Time	Free Time	Free Time	Free Time	
Yoga Dinner	Yoga Dinner	Yoga Dinner	Yoga Dinner	Yoga Dinner	
				SATSANG	