

THURSDAY

12:00 - 15:00	Arrival and Registration
12:30	Shuttle leaves Stonetown (Airport)
15:30 - 16:30	Opening Circle (Restaurant)
17:00 - 18:00	1st Yoga Session for everyone (Beach)
18:00 - 19:00	Bonfire
19:00	Dinner

FRIDAY

	RESTAURANT	BEACH	RECEPTION	BANDA	POOL DECK
06:00 - 07:30		Hatha Yoga <i>Rebekah</i>		Meditative Beach Walk <i>Tizia</i>	
07:30 - 08:30	Light Breakfast				
09:00 - 10:30		Vinyasa Yoga <i>Tizia</i>	Qigong <i>Natasha</i>	Connecting with the Female Pelvic Floor <i>Hannah</i>	Breathwork & Meditation <i>Rehema</i>
10:30 - 12:00			Shop Open		
12:00 - 14:00	Lunch				
14:30 - 16:00	Pilates <i>Trudi</i>		Yin for Stress & Injuries <i>Sophia</i>	Clarity of Our Inner Voice <i>Himanshu</i>	Yoga Nidra <i>Rebekah</i>
16:30 - 18:00	Power Yoga <i>Sophia</i>		Restorative Hatha <i>Hannah</i>	African Dance <i>Rehema</i>	Mandala Workshop <i>Domi (Dining)</i>
18:00 19:00	Dinner	Bonfire			

We reserve the right to change the schedule at any time. Changes during the festival will be clearly anounced.

SATURDAY

	RESTAURANT	BEACH	RECEPTION	BANDA	POOL DECK
06:00 - 07:30		Restorative Hatha <i>Hannah</i>		Meditative Beach Walk/Run <i>Self-guided</i>	Energising Yin Yang <i>Sophia</i>
07:30 - 08:30	Light Breakfast				
09:00 - 10:30	Dye Workshop (\$15 - till 12:00) <i>Domi</i>	Yin Yoga <i>Sophia</i>	Pilates <i>Trudi</i>	Dance Yoga <i>Rehema</i>	
10:30 - 12:00			Shop Open		
12:00 - 14:00	Lunch				
14:30 - 16:00	Hatha Yoga <i>Rebekah</i>		Animal Flow <i>Sophia</i>	African Dance <i>Rehema</i>	Partner Massage <i>Tizia</i>
16:30 - 18:00	Coral Reef Restoration <i>Malou</i>		Qigong <i>Natashsa</i>	Pranayama Workshop <i>Rebekah</i>	Vinyasa Yoga <i>Tizia</i>
18:00 19:00	Dinner	Bonfire			
20:00		New Moon Circle			

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SUNDAY

	RESTAURANT	BEACH	RECEPTION	BANDA
06:00 - 07:30		Hatha Yoga <i>Rebekah</i>	Vinyasa Yoga <i>Tizia</i>	Meditative Beach Walk <i>Self-guided</i>
07:30 - 08:30	Light Breakfast (optional)			
08:30 - 10:00	Ayurvedic Daily Routine (Dinacharya) <i>Rebekah</i>	Water Breathing (pool) <i>Rehema</i>	Power Yoga <i>Sophia</i>	Restorative Hatha <i>Hannah</i>
11:30 - 12:30	Brunch			
12:30 - 14:00		Closing Circle		
15:00			Shuttle leaves for Airport	