



# Example of a Weekly Programme

## Monday

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
17.45 - 18.45 Yoga-Nidra

## Tuesday

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
14.30 - 15.30 Cooking workshop  
17.00 - 18.00 Aerial / Wing-Yoga

*(Advance booking is required)*

20.30 - 21.30 Sound Healing

*(Advance booking is required)*

## Wednesday

06.30 - 07.30 Integral-Yoga  
07.45 - 08.45 Integral-Yoga  
17.45 - 18.45 Kundalini-Yoga

## Thursday

06.30 - 07.30 Integral-Yoga  
07.45 - 08.45 Integral-Yoga  
17.45 - 18.45 Breathwork

*(Advance booking is required)*

## Friday

06.30 - 07.30 Akhanda-Yoga  
07.45 - 08.45 Akhanda-Yoga  
17.45 - 18.45 Surya Namaskar

## Saturday

06.30 - 07.30 Sattva-Yoga  
07.45 - 08.45 Sattva-Yoga  
17.45 - 18.45 Meditation: Pause & Reset

## Sunday

06.30 - 07.30 Akhanda-Yoga  
07.45 - 08.45 Akhanda-Yoga  
20.00 - 21.30 Dreamcatcher Workshop

*(Advance booking is required)*