

DAILY YOGA SCHEDULE

7.00-8.00	Meditation & Breathwork (Sunshine Yoga) or Yoga Nidra and Meditation
9.00-10.00	Acro Yoga or Hatha Yoga
13.00-14.00	Vinyasa Flow Yoga or Yoga nidra and Meditation
16.00-17.00	Ashtanga Yoga or Acro yoga with Meditation
17.00-18.00	Hatha and Nidra Yoga (Joint & mindfulness) or Meditation & Breathwork (Sunset)
18.00-18.45	Meditation & Breathwork or Vinyasa Flow Yoga

Please Note: You can do any type of yoga during any time slot. The above is a suggestion