

# YOGA & PLANT BASED COOKING RETREAT - 19TH - 25TH OF MAY 2019

sunday

monday

tuesday

wednesday

thursday

friday

saturday



8.30h  
meditation,  
pranayama

9.00h  
yoga

11h  
brunch

12h  
workshop  
Introduction  
to plant-based  
cooking

from 13h  
check- in

14.30h  
lunch

17.30h  
yoga class

17.30h  
yoga

19.30h  
dinner

19.30h  
dinner

21h  
opening  
circle

8.30h  
meditation,  
pranayama

9.00h  
yoga

11h  
brunch

14.30h  
lunch

15- 19h  
Hike (opt.)

19.30h  
dinner

8.30h  
meditation,  
pranayama

9.00h  
yoga

11h  
brunch

14.30h  
lunch

15- 17h  
workshop  
Preparing  
dinner  
19.30h  
dinner

20.30h Yoga  
Nidra and/or  
Kirtan

8.30h  
meditation,  
pranayama

9.00h  
yoga

11h  
brunch

12h  
workshop  
Raw Desserts

14.30h  
lunch

17.30h  
yoga

19.30h  
dinner

8.30h  
meditation,  
pranayama

9.00h  
yoga

11h  
brunch

14.30h  
lunch

17.30h  
yoga

19.30h  
dinner

9.30h  
breakfast

12h latest  
check- out