

# EARLY SPRING YOGA RETREAT

NAB COTTAGE, RYDAL WATER, LAKELAND, CUMBRIA

24TH TO 26TH FEBRUARY 2017



## RETREAT PROGRAMME

### FRIDAY

- 5-5.30pm Arrivals and welcome
- 6.00pm Retreat Introduction and orientation
- 6.30pm Post-travel asana session
- 8.00pm Dinner

### SATURDAY

- 7.00am Morning asana / pranayama / meditation (optional)
- 8.30am Breakfast
- 10.00am Asana exploration – Spring Clean
- 12.30pm Lunch / personal time
- 2.30pm Satsang / Svadhyaya – strategies for formulating a personal resolve (Sankalpa)
- 6.30pm Dinner
- 8.00pm Evening Satsang / meditation

### SUNDAY

- 7.00am Morning asana / pranayama / meditation (optional)
- 8.30am Breakfast
- 10.00am Asana / pranayama exploration – Energy Shift
- 12.30 pm Lunch / personal time
- 2.30pm Yoga Nidra – bring your resolve into your heart
- 4.30pm Departure