

Timetable

Day	Time	Karma Space	Muladhara	Svadhishthana	Manipura (Fire Circle)	Anahata	Vishuddhi (Indoor)
Saturday	10:00 am	Arrival into Space sign in and set up tents and bedding					
	11:00 am						
	12:00 pm		Opening Ceremony				
	1:00 pm						
	2:00 pm		Innerdance - Welcome to land				Aromatic Yoga with Ariane
	3:00 pm						
	4:00 pm			3:30pm - 5:00pm Intentions Setting Sound			
	5:00 pm						
	6:00 pm			5:30pm - 7pm Tantric Hatha Yoga			
	7:00 pm	Dinner					
	8:00 pm						Light Yoga with Ariane
	9:00 pm						Sound Journey with Agni
10:00 pm							
Sunday	6:00 am						6:30am - 8am Morning Yoga
	7:00 am						
	8:00 am	Breakfast					
	9:00 am						
	10:00 am						
	11:00 am					9am* - 11:30am Women's Circle with Cristina <i>*Let's meet at 9am outside of the dining room and we'll walk together to the space. Bring cushion, pen and paper.</i>	
	12:00 pm				Vinyasa Yoga with Ariane		
	1:00 pm	Lunch					
	2:00 pm						Yoga Nidra w Shudha
	3:00 pm			3.30pm-4.30pm Grounding meditation & breath work with Ariane			3:00 pm - 5:00 pm Inner Dance with Daniel
	4:00 pm						
	5:00 pm						5pm - 6:30pm Yin Yoga
6:00 pm							
7:00 pm	Dinner						
8:00 pm						Chakra Mediation with Shudha	
9:00 pm						Sound Journey with Agni	
10:00 pm							
Monday	6:00 am						6:30am - 8am Morning Yoga Practice with Cristina
	7:00 am					7am-8am Yoga Nature Walk with Ariane	
	8:00 am	Breakfast					
	9:00 am	packup & clean up 9-11am					
	10:00 am						
	11:00 am					11:00am-12:00pm Sound Healing - Resolutions for the journey home *Bring Journal/paper pen, yoga mat & cushion w Catherine	
12:00 pm			Yoga Party				
1:00 pm			Closing Ceremony				