

Retreat Package

TARA HILLS SPRING RETREAT OCTOBER 26TH- 29TH 2017

Arrive at 9am for a 10 am start

SCHEDULE:

THURSDAY

10-12.30 am	Dynamic Asana
1pm	Lunch
4-6pm	Restorative asana and pranayama
6.30pm	Dinner

FRIDAY AND SATURDAY

7am-8am	Pranayama and Meditation
8.00am	Light Breakfast
9.30am-12pm	Dynamic Asana
12.30-	Lunch
4pm-6pm	Restorative Asana
6.30pm	Dinner

SUNDAY

6.30-7.30	Pranayama and Meditation
7.30am	Breakfast
9am-11.30am	Asana
12pm	Lunch and Pack up.