

Ayurveda Yoga Retreat

in Sri Lanka

Daily program

Day 1 08. January - Wednesday

14:45* Departure CPH

*Please check flight information

Day 2 09. January - Thursday

08:25* Arrival CMB

(10:00-13:00) Transfer

(13:00-15:00) Welcome & Check-in

17:00-18:30 Yin Yoga Class

19:00 Dinner

Day 3 10. January - Friday

07:30-09:00 Yin Yang Yoga Class

09:00-10:00 Breakfast

(10:00-17:00) Treatments

12:00-14:00 Lunch

17:00-18:30 Yin Yoga Class

19:00 Dinner

Day 4 11. January - Saturday

07:30-09:00 Yin Yang Yoga Class

09:00-10:00 Breakfast

(10:00-17:00) Treatments

12:00-14:00 Lunch

17:00-18:30 Yin Yoga Class

19:00-20:00 Dinner

Day 5 12. January - Sunday

07:30-09:00 Yin Yang Yoga Class

09:00-10:00 Breakfast

(10:00-17:00) Treatments

12:00-14:00 Lunch

17:00-18:30 Yin Yoga Class

19:00-20:00 Dinner

Day 6 13. January - Monday

07:30-09:00 Yin Yang Yoga Class

09:00-10:00 Breakfast

(10:00-17:00) Treatments

12:00-14:00 Lunch

17:00-18:30 Yin Yoga Class

19:00-20:00 Dinner

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Daily program

Day 7	14. January - Tuesday
07:30-09:00	Yin Yang Yoga Class
09:00-10:00	Breakfast
(10:00-17:00)	Treatments
12:00-14:00	Lunch
17:00-18:30	Yin Yoga Class
19:00-20:00	Dinner

Day 8	15. January - Wednesday
07:30-09:00	Yin Yang Yoga Class
09:00-10:00	Breakfast
(10:00-17:00)	Treatments
12:00-14:00	Lunch
17:00-18:30	Yin Yoga Class
19:00-20:00	Dinner

Day 9	16. January - Thursday
07:30-09:00	Yin Yang Yoga Class
09:00-10:00	Breakfast
(10:00-17:00)	Treatments
12:00-14:00	Lunch
17:00-18:30	Yin Yoga Class
19:00-20:00	Dinner
21:00-21:30	Check-out
(21:30-24:00)	Transfer

Day 10	17. January - Friday
02:45*	Departure CMB
12:30*	Arrival CPH

*Please check flight information