

Ayurveda Yoga Retreat

in Sri Lanka

Daily program

Day 1 17. January - Friday

14:45* Departure CPH

*Please check flight information

Day 2 18. January - Saturday

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 19. 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 Dinner

Day 4 20. 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

Day 5 21. 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 6 22. 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

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Daily program

Day 7	23. 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

Day 8	24. 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
19:00-20:00	Dinner

Day 9	25. 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
21:00-21:30	Check-out
(21:30-24:00)	Transfer

Day 10	26. January - Sunday
02:45*	Departure CMB
12:30*	Arrival CPH

*Please check flight information