



Yoga Immersion & Retreat in Bali
with Joan Hyman

Saturday, February 18th

3:00pm *Check in*
4:00- 7:00pm *Welcome Yoga class*
7:30pm *Dinner*

Sunday, February 19th

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
4- 6:00pm *Yoga*
7:30pm *Dinner*

Monday, February 20th

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
4- 6:00pm *Yoga*
(PM retreat practice)
7:30pm *Dinner*

Tuesday, February 21st

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
4- 6:00pm *Yoga*
7:30pm *Dinner*

Wednesday, February 22nd

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
Free afternoon
7:30pm *Dinner*

Thursday, February 23rd

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
4- 6:00pm *Yoga*
(PM retreat practice)
7:30pm *Dinner*

Friday, February 24th

6:30-7:00am *Lite breakfast, tea/coffee*
7:30-8am *Pranayama & Meditation*
8- 10:30am *Yoga Asana*
10:30am *Breakfast*
1pm *Lunch*
4- 6:00pm *Yoga*
7:30pm *Dinner*

Saturday, February 25th

6:30-7:00am *Lite breakfast, tea/coffee*
7-10am *Yoga*
10:30am *Breakfast*
Check out, transfers to the airport