

Ayurveda and Yoga for a Long and Healthy Life Retreat Schedule

Monday, September 10

- 3:00-5:00 Arrival and settling in
- 5:30-6:15 Dinner
- 7:00-8:30 Yoga & Opening Circle-Gloria, Shari and Rosalyn

Tuesday, September 11

- 8:00-8:45 Breakfast
- 9:00-10:30 What is your Dosha?-Shari
- 10:45-11:45 Yoga-Gloria
- 12:15-1:00 Lunch
- 1:00-3:30 Quiet time, bodywork and massage by appointment
- 4:00-5:30 Principles of Ayurveda-Melina
- 5:30-6:15 Dinner

Wednesday, September 12

- 8:00-8:45 Breakfast
- 9:00-10:30 Ayurveda/Din Acarya/Nutrition-Melina
- 10:45-11:45 Colors for your Dosha-Rosalyn
- 12:15-1:00 Lunch
- 1:00-4:00 Quiet time, bodywork and massage by appointment
- 4:00-5:30 Yin Yoga-Melina
- 5:30-6:15 Dinner

Thursday, September 13

- 8:00-8:45 Breakfast
- 9:00-10:00 Meditation & Closing Circle-Gloria, Shari and Rosalyn
- 11:00 Check out