



More than Holidays... funky & holy days!
Retreat Program April 28 – 6 May with Francesca Golfetto

SATURDAY 28th

From 3:00 pm **Arrival at Agricola Samadhi.** Welcome speech + introduction
7:30 pm **Organic Dinner** at La Cucina del sole

SUNDAY 29th

From 7.00- 8:00 am **Led Class** (beginners are aloud to modify or stop whenever they fell it suits them)
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
4:30 – 6:30 pm **Afternoon class** – technique based on morning led class + questions
Yin/relaxation and meditation to finish off
7:30 pm **Organic Dinner** at La Cucina del sole

MONDAY 30th

From 6:30- 8:00 am **Yoga Practice Mysore** (Francesca will join at 7:00) (students can finish off later in time in the shala)
8:15-9.30 am **Beginners led class**
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
4:30 – 6:30 pm **Afternoon class “Daily essentials” – Yin/relaxation/meditation**
7:30 pm **Organic Dinner** at La Cucina del sole

TUESDAY 1st

From 6:30- 8:00 am **Yoga Practice Mysore** (Francesca will join at 7:00) (students can finish off later in time in the shala)
8:15-9.30 am **Beginners led class**
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
4:30 – 6:30 pm **Afternoon class “Back bending workshop” – Yin/relaxation/meditation**
7:30 pm **Organic Dinner** at La Cucina del sole

WEDNESDAY 2nd

From 6:30- 8:00 am **Yoga Practice Mysore** (Francesca will join at 7:00) (students can finish off later in time in the shala)
8:15-9.30 am **Beginners led class**
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
11:30 – 4:30 pm **Free Afternoon**
7:30 pm **Organic Dinner** at La Cucina del sole

THURSDAY 3rd

From 6:30- 8:00 am **Yoga Practice Mysore** (Francesca will join at 7:00) (students can finish off later in time in the shala)
8:15-9.30 am **Beginners led class**
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
11:30 – 4:30 pm **Free Time**
4:30 – 6:30 pm **Afternoon class “Inversionsworkshop” – Yin/relaxation/meditation**
7:30 pm **Organic Dinner** at La Cucina del sole

FRIDAY 4th

From 7:00- 8:30 am **Led Class** (beginners are aloud to modify or stop whenever they fell it suits them)
10:00 - 11:30 am **Organic Brunch** at La Cucina del sole
5:00 – 6:30 pm **Afternoon class Fun Vinyasa flow class**
7:30 pm **Organic Dinner** at La Cucina del sole

SATURDAY 5th

7:00-9:00 am **Gentle flow/ relaxation/ discussions/ goodbye**
8:00- 10:00 am **Organic Breakfast** at La Cucina del sole
10:00 am **Check out (luggages in the reception)**