

ASSOCIAZIONE YIS
 YOGA IN SALENTO
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RETREAT SCHEDULE

SATURDAY

From 2:PM	Arrival at Agricola Samadhi . Registration and accommodation in the rooms.
7:00 PM	Dinner
9:00 PM	Welcome & Intro teacher- practitioners

SUNDAYS

7:30-	Morning Mysore style Ashtanga Vinyasa practice or Led Class
10:00-11:00 AM	Brunch- Intro of Healing Center SPA & Wellness During brunch time at the Spa corner you can book your Spa session, consultation, treatment or massage, private yoga class and much more.
12:00-5PM	Free Time
5:00-7:00PM	Afternoon Meditation & Satsang, questions, answers ecc introduction to yoga avatar and small practice
7:00 PM	Dinner

MONDAY

7:30 AM	Morning Ashtanga Vinyasa Yoga Practice Santosha Yoga Shala in the Masseria
10:00-11:00 AM	Brunch
10:30-7:00PM	Free Time
7:00 PM	Dinner

TUESDAY

7:30 - AM	Morning Ashtanga Vinyasa Yoga Practice Santosha Yoga Shala in the Masseria
10:00-11:00 AM	Brunch Gazebo (weather permitted - contingent: Main Dining Rm)
12:00-7PM	Free Time
7:00 PM	Dinner

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WEDNESDAY

7:30-	Morning Meditation & Avatar Yoga Practice <i>Santasha Yoga Shala in the Masseria</i>
10:00-11:00 AM	Brunch
11:00-5PM	Free Time
5:30-7:00PM	Meditation, Philosophy of yoga ashtanga questions and answers
7:30-9:30PM	Dinner Gazebo (<i>weather permitted - contingent: Main Dining Rm</i>)

THURSDAY

7:00- AM	Breakfast & departure
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SUGGESTIONS FOR THE FREE TIME

In the resort Sunbathing & swimming by the pool,, relaxing on hammocks, walks or meditating in the park, SPA, massages, private yoga classes,

Salento region Boat excursions, Poetry & Zinzulusa caves, country-side Grecia Salentina, baroque city of Lecce, Galatina, Otranto, Gallipoli, Castro.