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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

7:15-7:30	Zen Chanting
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
6:00-7:00PM	Zen sitting
7:00 PM	Dinner

### MONDAY

7:15-7:30	Zen Chanting
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
5:20-7:00 PM	Talk Primary
7:00 PM	Dinner

### TUESDAY

7:15-7:30	Zen Chanting
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
6:30-7:00 PM	Pranayama
7:00 PM	Dinner

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### WEDNESDAY

<b>7:15-7:30</b>	<b>Zen Chanting</b>
<b>7:30-</b>	<b>Morning Ashtanga Vinyasa Yoga Practice</b> Santosha Yoga Shala in the Masseria
<b>10:00-11:00 AM</b>	<b>Brunch</b>
<b>11:00-5PM</b>	<b>Free Time</b>
<b>6:00-7:00PM</b>	<b>Zen sitting</b>
<b>7:30-9:30PM</b>	<b>Dinner</b> Gazebo (weather permitted - contingent: Main Dining Rm)

### THURSDAY

<b>7:15-7:30</b>	<b>Zen Chanting</b>
<b>7:30- AM</b>	<b>Morning Ashtanga Vinyasa Yoga Practice</b> Santosha Yoga Shala in the Masseria
<b>10:00-11:00 AM</b>	<b>Brunch</b>
<b>11:00-5PM</b>	<b>Free Time</b>
<b>5:20-7:00 PM</b>	<b>Talk Primary</b>
<b>7:30-9:30PM</b>	<b>Dinner</b> Gazebo (weather permitted - contingent: Main Dining Rm)

### FRIDAY

<b>7:15-7:30</b>	<b>Zen Chanting</b>
<b>7:30-AM</b>	<b>Morning Ashtanga Vinyasa Yoga Practice</b> Santosha Yoga Shala in the Masseria
<b>10:00-11:00 AM</b>	<b>Brunch</b> Gazebo (weather permitted - contingent: Main Dining Rm)
<b>12:00-7PM</b>	<b>Free Time</b>
<b>7:30 PM</b>	<b>Dinner and party time</b>

### SATURDAY

<b>8:00-10 AM</b>	<b>Breakfast</b>
<b>10:00 AM</b>	<b>Check out time. However you can leave your luggage in the reception and stay for the day.</b>
<b>10:30 on</b>	<b>FREETIME,</b>

### 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.