|  | 8:00 am  | 6:00pm |
| --- | --- | --- |
| Monday |  | Evening movement and meditation |
| Tuesday |  |  |
| Wednesday | Morning movement and meditation  |  |
| Thursday  |  | Evening movement and meditation |
| Friday  | Morning movement and meditation  |  |
| Saturday |  |  |
| Sunday |  | Evening movement and meditation |

\*all sessions are on the terrace or in the garden

\*dress comfortably

\*please bring a yoga mat (you can find them by the stove on the ground floor)

\*sessions are approx 30-45 minutes