

TIME		THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	07:30				Breakfast
07:30	08:15				<i>Arrive in silence for a light (self-service) breakfast</i>
08:15	08:30		Practice	Practice	Practice <i>Hatha/yin yoga practice</i>
08:30	09:00		<i>Arrive in silence for meditation and gentle yoga</i>	<i>Arrive in silence for meditation and gentle yoga</i>	
09:00	09:30		Breakfast	Breakfast	Brunch <i>Group meal (served)</i>
09:30	10:00		<i>Group breakfast (served)</i>	<i>Group breakfast (served)</i>	
10:00	10:30		Optional Workshop	Optional Workshop	Free Time/Packing
10:30	11:00		<i>Ethical codes - the yamas</i>	<i>Ethical codes - the niyamas</i>	
11:00	11:30		Break	Break	Practice <i>Meditation and closing circle</i>
11:30	12:00		Practice	Practice	
12:00	12:30		<i>Hatha yoga practice</i>	<i>Hatha yoga practice</i>	Afternoon Tea <i>Final meal together (served)</i>
12:30	13:00				
13:00	13:30		Lunch	Lunch	Departures (2pm)
13:30	14:00		<i>Group lunch (served)</i>	<i>Group lunch (served)</i>	
14:00	14:30				
14:30	15:00				
15:00	15:30		Optional Activity	Optional Activity	
15:30	16:00		<i>Walk to and along coastal path</i>	<i>Dip in the sea followed by hot chocolates at the pub!</i>	
16:00	16:30	Arrivals			
16:30	17:00				
17:00	17:30		Free Time	Free Time	
17:30	18:00		<i>Read, write, paint, draw, sleep... use your time wisely to restore and replenish</i>	<i>Read, write, paint, draw, sleep... use your time wisely to restore and replenish</i>	
18:00	18:30	Practice			
18:30	19:00	<i>Grounding 'welcome' hatha practice</i>			
18:30	19:00		Supper	Supper	
19:00	19:30	Supper	<i>Evening meal (two courses)</i>	<i>Evening meal (two courses)</i>	
19:30	20:00	<i>Evening meal (two courses)</i>			
20:00	20:30		Practice	Practice	
20:30	21:00		<i>Restorative yin yoga practice</i>	<i>Restorative yin yoga practice</i>	
21:00	21:30	Free Time/Practice			
		<i>Optional yin yoga practice</i>	Free Time	Free Time	
21:30	Bedtime		<i>Reaping the full benefits of our yin yoga practice by spending the rest of the evening in silence</i>	<i>Reaping the full benefits of our yin yoga practice by spending the rest of the evening in silence</i>	