

Example Yoga Holiday Daily Itinerary

08:30 - 10:00	Yin Yang Yoga / Breathwork / Meditation
10:30 - 11:30	Brunch
11:30 - 14:00	Free Time
14:00 - 15:00	Light Bites Snack
15:00 - 17:00	Free Time
17:00 - 18:20	Evening Yoga (Gentle / Restorative Yin / Yoga Nidra / Meditation)
19:00 - 20:30	Dinner
20:30 +	Free Time