

# France Summer 2025

## ✿ Schedule ✿

### **Thursday 28th August**

4.00pm	Check in. Relax. Explore. Breathe!
6.00 - 7.00pm	Welcome & Yoga
8.00pm	Dinner

### **Friday 29th August**

7.30am - 8.00am	Energising Yoga
8.30am	Breakfast
10.00 - 12.30pm	Vinyasa Flow Yoga
1.00pm	Lunch
5.00 - 6.00pm	Restorative Yoga
7.30pm	Dinner

### **Saturday 30th August**

7.30am - 8.00am	Energising Yoga
8.30am	Breakfast
10.00 - 12.30pm	Vinyasa Flow Yoga
1.00pm	Lunch
5.00 - 6.00pm	Restorative Yoga
7.30pm	Dinner
9.00pm	Chanting

### **Sunday 31st August**

7.30am - 8.00am	Morning Meditation
9.00 - 10.00am	Breakfast. Depart after breakfast. (Packed lunch to take with you.)

*(This is a draft schedule and is subject to revision)*