

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Early breakfast; fruits, coffee, tea 6:30	Early breakfast; fruits, coffee, tea 06:30	Early breakfast; fruits, coffee, tea 06:30	Early breakfast; fruits, coffee, tea 06:30
Try to arrive between 13:30-16:00 pm. Room delivery starts at 13:30 pm.	Mysore 07:00-10:45 start 07:00 and 8:30-8:45 teach 07:15-10:15	Mysore 07:00-10:45 start 07:00 and 08:30-8:45 teach 07:15-10:15	Mysore 07:00-10:45 start 07:00 and 08:30-8:45 teach 07:15-10:15	Mysore 07:00-10:45 start 07:00 and 08:30-8:45 teach 07:15-10:15
	Breakfast 09:00-11:30	Breakfast 09:00-11:30	Breakfast 09:00-11:30	Breakfast 09:00-11:30
	Discussion 11.30-12.30	Ashtanga Yoga Technique Class / group A 11.45-13.00	Ashtanga Yoga Technique Class / group A 11.45-13.00	
		Ashtanga Yoga Technique Class / group B 13.00-14.15	Ashtanga Yoga Technique Class / group B 13.00-14.15	Discussion 12:00-12:30
	Lunch 14:00-15:00	Lunch 14:00-15:00 and summer cake	Lunch 14:00-15:00 Photo time 14.55 !	Good bye !
Led Ashtanga Practice 15.00-17.00 ja 17.00-19.00	Chanting with Meri 15.00-16.00	Chanting with Meri 15.00-16.00	Chanting with Meri 15.00-16.00	
	Pranayama, learning about the breathe 16.00-17.00	Pranayama, learning about the breathe 16.00-17.00	Pranayama, learning about the breathe 16.00-17.00	
Sauna ladies 16.00-20.30	Bathing tub & sauna ladies 17:00-20:00	Sauna ladies 17.00-20.00	Peat sauna ladies 17:00-20:00	
Dinner: soup,salad and bread 17.30-20.30	Dinner: soup, salad and bread 18:00-20:00	Dinner: soup, salad and bread 18.00-20:00	Dinner: soup, salad and bread 18.00-20:00	
Discussion 20:30-21:00 Om mantra with Meri	Calming down the mind,meditation and discussion 20:00-20:45	Movie time 20:00-21:30	Calming down the mind,meditation and discussion 20:00-20:45	
Sauna gentlemen 21.00 >>>	Bathing tub & sauna gentlemen 20.00 >>>	Sauna gentlemen 20:00 >>>	Peat sauna gentlemen 20.00 >>>	