



Ananda Yoga Studio

Yoga & meditation retreat med Ernesto Rodriguez. Vårberg: Maj 15-17

Preliminärt schemat:

Friday:

16:00 Welcome circle

17:00 – 19:00 Hatha/vinyasa yoga pass

19:00 Dinners

20:00 – 21:00 Dharma Talk/meditation/sound bath/sharing

Saturday

7:00 – 9:00 Morning Sadhana (yoga/chanting//pranayamas/meditation)

9:00 Breakfast

11:00 – 11:45 Meditation: Sacred alignment meditation (Chakra meditation)

11:45 – 13:00 Silent outdoors walk / rest

13:00 - 14:00 Light food/ Fika

15:00 – 16:30 Group activity: yoga/dance/meditation

16:30 – 18:30 Break/ outdoor walk / rest

19:00 – 20:00 Diner

20:00 - 21:30 Dharma Talk/meditation/sound bath/ sharing

Sunday

7:30 – 9:30 Morning Sadhana (yoga/pranayamas/chanting//meditation)

9:30 Frukost

11:00 – 12:30 Group activity: yoga/dance/meditation

12:30 - 13:00 closing/sharing circle

13:00 – 14:00 Lunch

14:00 – 15:00 Check - out