

## YOGA RETREAT SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>08:00am</b>	Arrival & Check in	Yoga	Yoga	Yoga	Yoga	Yoga	Free Time	Free Time
<b>09:30am</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>10:00am 02:30pm</b>		Free time with packed lunch	Free time with packed lunch	Free time with packed lunch	Free time with packed lunch	Free time with packed lunch	Free time with packed lunch	Check out & Departure
<b>02:30pm 05:30pm</b>		Hammam	Reiki Treatment	Local Souk visit	Thalasso SPA	Surf Class 2 hours	PARADISE VALLEY MASSAGE REIKI	
<b>06:00pm</b>		Yoga PRANAYAMA	Yoga NIDRA	Yoga CHANDRA NAMASKAR	Yoga MEDITATION	Yoga GAYATRI MANTRA		
<b>07:30pm</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
<b>08:00pm</b>	Free Time	Free Time	Free Time	Free Time	Club Party night in Taghazout	Free Time	Free Time	

Included in this retreat

### Available at an extra cost

Local Hammam	5 Euro
Local Souk visit	5 Euro
Thalasso	22 Euro + Sharing Taxi
Surf Class 2h	30 Euro
Club party Taghazout	Sharing Taxi
Reiki treatment	30 Euro
Paradise Valley	from 30 Euro