



# Yogafest Retreat Somers | Cup Weekend Nov, 2017



<b>FRI</b>	REGISTRATION from 4.30pm	SEVA ALLOCATION From 4.30pm Reception	GREETING, ACCOMMO- DATION From 4.30pm Room allocation	6:00 Gentle Yoga Elizabeth <b>HILL STUDIO</b>	6:00 Strong Yoga Phoebe <b>MAIN STUDIO</b>	7:30 Dinner	8:30 AUM OPENING CEREMONY - COMPASSION IN ACTION <b>MAIN STUDIO</b>
------------	-----------------------------	---	--	---	--	----------------	--

< silent time >

	6 - 6:45	6:45	7:30 – 9:30	9:45 - 11.00	11.30am – 1.30 pm	1.45- 2.45	3.00 – 4.00 pm	4.30 - 6.30	7.00	8.00 – 9.30
<b>SAT</b>	MEDITATION Shraddhaji <b>MAIN STUDIO</b>	<b>C H A I &amp; F R U I T</b>	HATHA YOGA (GEN) Johannes <b>MAIN STUDIO</b>  BEGINNER YOGA Vishal <b>HILL STUDIO</b>  EXPERIENCED YOGA Michelle G <b>CINEMA OUTPOST</b>	<b>B R E A K F A S T</b>	11.30-1.00 YOGA/PILATES MIX Jo S <b>MAIN STUDIO</b>  11.30 - 1.30 I AM MEDITATION Shraddhaji <b>HILL STUDIO</b>  12.30 - 1.30 PRANAYAMA Elizabeth <b>TOWER (lawn if weather permits)</b>  11.30-1.00 ACRO-BALANCE Telford <b>Court</b>	<b>L U N C H  S O U P</b>	TALK Shraddhaji COMPASSION IN ACTION  <b>MAIN STUDIO</b>	YIN & RELEASE Jo S <b>HILL STUDIO</b>  BLINDFOLD YOGA Eugenie <b>MAIN STUDIO</b>  ASANA General Phoebe <b>CINEMA OUTPOST</b>	<b>D I N N E R</b>	PERFORMANCE NIGHT Everyone welcome to entertain  <b>MAIN STUDIO</b>

<b>SUN</b>	<p>MEDITATION Shraddhaji</p> <p><b>MAIN STUDIO</b></p>		<p>HATHA YOGA (GEN) Johannes <b>MAIN STUDIO</b></p> <p>BEGINNER YOGA Vishal <b>HILL STUDIO</b></p> <p>EXPERIENCED YOGA Michelle G <b>CINEMA OUTPOST</b></p>	<p>11.30-1.00 OVARIAN TEMPLE NIDRA Elizabeth <b>MAIN STUDIO</b></p> <p>11.30-1.30 I AM MEDITATION Shraddhaji <b>HILL STUDIO</b></p> <p>11.30-1.00 YOGA FOR DIGESTIVE EASE - Jo S <b>CINEMA OUTPOST</b></p>		<p>TALK Shraddhaji YOGA SUTRAS AND MEDITATION <b>MAIN STUDIO</b></p>	<p>EXPERIENCED YOGA Forward bends/ twists/lotus Eugenie <b>MAIN STUDIO</b></p> <p>RESTORATIVE/ PRANAYAMA Johannes <b>HILL STUDIO</b></p> <p>INTRO TANTRIC YOGA Telford <b>CINEMA OUTPOST</b></p>		<p>KIRTAN CHANTING Call and response</p> <p><b>MAIN STUDIO</b></p>
<b>MON</b>	<p>MEDITATION Shraddhaji</p> <p><b>MAIN STUDIO</b></p>		<p>HATHA YOGA (GEN) Johannes <b>MAIN STUDIO</b></p> <p>BEGINNER YOGA Vishal <b>HILL STUDIO</b></p> <p>EXPERIENCED YOGA Michelle G <b>CINEMA OUTPOST</b></p>	<p>11.00am – 12.00pm RESTORATIVE Phoebe <b>HILL STUDIO</b></p> <p>11.00am – 12.00pm COMPASSION IN ACTION Eugenie <b>MAIN STUDIO</b></p> <p>12.30-1.00 CAMP CLEANUP</p> <p>1.00-1.30 FINALE <b>MAIN STUDIO</b></p>					

**ALL CLASSES AND WORKSHOPS ARE OPEN TO ALL LEVELS OF EXPERIENCE. PLEASE FEEL FREE TO ATTEND AND ENJOY PARTICIPATING IN PRACTICES THAT MAY BE NEW AND EXCITING**