

# Yogafest Retreat Somers June 2018

<b>REGISTRATION</b> from 4.30 pm Emma	<b>SEVA ALLOCATION</b> From 4.30 pm	<b>GREETING, ACCOMMODATION</b> From 4.30 pm	6:00-7.15 <b>GENTLE YOGA</b> Janaki <b>MAIN STUDIO</b>	6:00-7.15 <b>STRONG YOGA</b> Johannes <b>HILL STUDIO</b>	6:00 -6:30 <b>PRANAYAMA</b>	7:30 - 10:00 Welcome, Orientation, TALK -Shraddhaji, AUM CHANTING <b>MAIN STUDIO</b>
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	6-6:30 MEDITATION 6:30-7:00 Chai & Fruit	7:00-7:30 PRANAYAMA 7:45 – 9:45 YOGA ASANA	10-11:00 Breakfast 10:30-11:30 Cafe Open 11.30am – 1.30pm WORKSHOPS	1:45-2:30 Lunch 2.30 -3.45 Free Time	3.00 - 5.45 YOGA CLASSES & MEDITATION	6:00 - 6:30 pm PRANAYAMA	7:00-8.00 Dinner 8.30 – 10.00 pm PERFORMANCE NIGHT <b>MAIN STUDIO</b>
<b>Saturday</b>	<b>MA OM MEDITATION</b> Shraddhaji <b>MAIN STUDIO</b>	<b>PRANAYAMA</b> Bryan <b>MAIN STUDIO</b>  7:00-10:00 'I AM ' MEDITATION Shraddhaji <b>HILL STUDIO</b> ----- GENERAL Phoebe <b>MAIN STUDIO</b>  EXPERIENCED Michelle <b>OUTPOST</b>  EASY MOVES Vishal <b>EAST END SPACE</b>	11.30-1.30 SHIATSU Johannes/Janaki <b>MAIN STUDIO</b>  12:00-1:30 NADABRAHMA MEDITATION Nirupa <b>HILL STUDIO</b>  12:00-1:00 ROOTS OF YOGA Bryan <b>EAST END SPACE</b>  11.30-1:00 - TANTRIC YOGA PHILOSOPHY Telford <b>TOWER</b>	Lunch  2:30-3:30 SPIRITUAL TALK Shraddhaji <b>MAIN STUDIO</b>	3:45-5:15 EXPERIENCED Johannes <b>OUTPOST</b>  4:00-5:45 CHAKRA/NIDRA Eugenie <b>MAIN STUDIO</b>  4:00-5:45 GENERAL Janaki <b>HILL STUDIO</b>  4:5:30 HEADSTAND GENERAL Bryan <b>EAST END SPACE</b>  4:00-5:30 KUNDALINI MEDITATION Nirupa <b>TOWER</b>	<b>PRANAYAMA</b> Bryan <b>MAIN STUDIO</b>	8:30-10:00 Performance Night Be the star that you are! Rustle up your talent and glow or be entertained as an audience <b>MAIN STUDIO</b>
<b>Sunday</b>	<b>MA OM MEDITATION</b> Shraddhaji <b>MAIN STUDIO</b>	<b>PRANAYAMA</b> Bryan <b>MAIN STUDIO</b> ----- GENERAL Vishal <b>MAIN STUDIO</b>  BEGINNERS Michelle <b>HILL STUDIO</b>  EXPERIENCED Phoebe <b>OUTPOST</b>  EASY MOVES Janaki <b>EAST END SPACE</b>	11:30-1:00 INNER/OUTER EXPLORATION Eugenie & Janaki <b>MAIN STUDIO</b>  12:00-1:30 NADABRAHMA MEDITATION Nirupa <b>HILL STUDIO</b>  12:1:00 PATANJALI YOGA DARSANA-AVIDYA Bryan <b>EAST END SPACE</b>  11:30-1:00 NON DUALITY PHILOSOPHY Telford <b>TOWER</b>	Lunch & Free Time Cafe Open	3:00-5:00 EXPERIENCED Eugenie <b>OUTPOST</b>  4:00-5:45 Restorative/Nidra Phoebe <b>HILL STUDIO</b>  4:00-5:45 General Yoga Michelle <b>MAIN STUDIO</b>  4:-5:30 HEADSTAND ADVANCED Bryan <b>EAST END SPACE</b>  4:00-5:30 KUNDALINI MEDITATION Nirupa <b>TOWER</b>  4:00-5:30 NATURE WALK - Vishal <b>LAWN</b>	<b>PRANAYAMA</b> Bryan <b>MAIN STUDIO</b>	8:30-10:00 KIRTAN/CHANTING Call and response accompanied with musical instruments <b>MAIN STUDIO</b>
<b>Monday</b>	<b>GUIDED MEDITATION</b> Jayashree <b>MAIN STUDIO</b>	<b>PRANAYAMA</b> Bryan <b>MAIN STUDIO</b> ----- GENERAL Eugenie <b>MAIN STUDIO</b>  BEGINNERS Johannes <b>HILL STUDIO</b>  EXPERIENCED Vishal <b>OUTPOST</b>  EASY MOVES Phoebe <b>EAST END SPACE</b>	11:30-1:00 CLOSING CEREMONY <b>MAIN STUDIO</b>  1:00-2:00 Camp Clean Up & Pack up				