



ISHA SPRING RETREAT DAILY SCHEDULE MARCH 2022

Friday, March 04, 2022

3.30 pm	arrival/tea
4.30-6.00 pm	orientation/ afternoon Yoga practice
7.00 pm	dinner
8.30 pm	evening centering practice
9.00 pm	mouna* (until breakfast next day)

Saturday, March 05, 2022

7.30 am	tea
8.00 - 9.45 am	morning practice (asana/pranayama)
10 am	brunch
11.00 am - 2pm	free time (hike, rest, massage etc...)
2.00 pm	afternoon snack
3.00 - 5.00 pm	meditation in motion & creative expression
5.00 pm	tea
7.00 pm	dinner
9.00 pm	mouna* (until breakfast next day)

Sunday, March 06, 2022

7.30 am	tea
8.00 -9.45 am	morning practice (asana/pranayama)
10.00 am	brunch
11.00 - 12 pm	free time/ massage/ pack
12.00- 1.30pm	Life Mandala: creative expression
2.00 pm	afternoon snack
2.30 pm	departure

Note: schedule is subject to change. Thank you for your adaptability!

**mouna: noble silence*