

Chakra Yoga Retreat

Thursday, 11th of April

1-2pm Arrival
2pm Welcome Circle
4pm Session & Practice
6:30pm Dinner

Friday, 12th of April

7am Morning Chakra Practice
9am Breakfast
10:30am Chakra Session
1pm Lunch
4pm Chakra Session & Practice
6:30pm Dinner

Saturday, 13th of April

7am Morning Chakra Practice
9am Breakfast
10:30am Chakra Session
1:30pm Lunch
4pm Cacao Ceremony & Kirtan
6:30pm Dinner
7:30pm Fire Circle & Meditation

Sunday, 14th of April

7am Morning Chakra Practice
9am Breakfast
10:30am Closing Circle