



Suggested Schedule

*Ayurveda Inspired Yoga & Meditation Retreat with Spectacular Ocean View
on a unique Bamboo Yoga Deck*

@ Peaceful Ocean View, carr. 429, KM 3.5, in Rincón, Puerto Rico

Friday, December 10th

- 04:45 - 05:00 pm Meet & Greet
- 05:00 - 06:30 pm Ayurveda Inspired Yoga Session
- 06:45 - 08:00 pm Vegetarian Dinner according to ayurvedic principles
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Saturday, December 11th

- 07:00 - 08:30 am Soul Hour with Meditation, Kirtan & Talk on Ayurveda
- 08:30 - 09:00 am Tea & Snack Break
- 09:00 - 10:30 am Ayurveda Inspired Yoga Session
- 10:30 - 12:00 am Brunch
- 12:00 - 02:00 pm Siesta / Time to relax
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- 02:00 - 05:00 pm Workshop on Ayurveda: The Art of Living with Ayurvedic Cooking Workshop
- 06:00 - 06:45 pm Dinner
- 07:00 - 08:00 pm Soul Hour
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Sunday, December 12th

- 07:00 - 08:00 am Soul Hour with focus on Healing Sound Vibrations & Meditation
- 08:00 - 08:15 am Tea Break & Snack
- 08:15 - 09:45 am Ayurveda Inspired Yoga Session
- 10:00 - 11:00 am Brunch
- 11:00 - 12:00 pm Q & A and Closing Ceremony