



Friday, June 2nd, 2017

- 3:00pm - Check-in @ Front Desk
- 3:45-4:30pm - Meet&Greet Beverage Break
- 4:30-6:00pm - *YOGA*Hips&Hamstrings*
- 6:00-8:00pm - Dinner @ Kingfisher Rest.
- 8:30-9:30pm - *YOGA Nidra (Optional)*

Saturday June 3rd, 2017

- 7:30-8:30am - YOGA and Pranayama Class
- 8:30-10:00am - *Breakfast @ Kingfisher Restaurant*
- 10:30-noon - 8 Limbs of Yoga Workshop(Optional)
- 12:00-1:00pm - *Lunch @ Kingfisher Restaurant*
- 1:00-4:00pm - Free Personal Time - Have fun!
- 3:45-4:30pm - Beverage Break
- 4:30-6:00pm - *Evening YOGA Class*
- 6:00-8:00pm - Dinner @ Kingfisher Restaurant
- 8:30-9:30pm - *Chanting and Meditation*

Sunday June 4th, 2017

- 7:30-8:30am - YOGA and Pranayama Class
- 8:30-10:00am - *Breakfast @ Kingfisher Rest.*
- 10:00-11:00am - Check Out @ Front Desk
- 11:00-2:00pm - *Optional Group Hike & Lunch in Town (not included in price)*
- 3:00pm - Drive home!



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