



TUDOR FARMHOUSE

Sample Yoga Retreat Schedule (subject to change)

Fri/Sun

3-4pm Arrivals and check-in

4pm Tea and cake (from Come to Good)

4.30-6.30pm Yoga

6.45pm Dinner

After dinner relax, read, rest

Sat/Mon

8.30am Breakfast

10-12 Yoga

12.30pm Lunch

1-4pm Rest, relaxation, optional walks and treatments

4pm Tea and cake (from Come to Good)

4.30-6.30pm Yoga

6.45pm Dinner

After dinner relax, read, rest

Saturday only

8.30pm Gong Sound Ceremony

Sun/Tues

8.30am Breakfast

10-12 Yoga

12.30pm Lunch & Goodbyes