

# Chiva-Som

This is a typical day on a Yoga retreat.

TIME	ACTIVITY
07:00 – 08:00	Private yoga training session
08:00 – 09:00	Breakfast
09:00 -09:25	Stretching session
11:00 – 12:00	Pranayama session
12:00 – 12:45	Thai massage
13:00 -14:00	Lunch
15:00 – 16:00	Gyrokinesis session
18:00 – 20:00	Dinner