

KAMALAYA

This is a typical day on a Yoga Synergy retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:45 – 09:45	Group classes (e.g. Yoga, Qi Gong, stretching, Muay Thai etc.)
10:00 – 11:30	Private personalised yoga session
12:00 -14:00	Lunch
15:30 – 17:00	Marma Point massage
17:30 -18:30	Group classes (e.g. Aqua aerobics, evening meditation etc.) or relaxation time
19:00 – 20:00	Dinner