

# ABSOLUTE SANCTUARY

This is a typical day on a Yoga retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:00 – 08:30	Meditation Session
08:30 – 09:30	Yoga Session
09:30 – 10:00	Foundation Class
10:00 – 10:30	Group Pilates Reformer Class
11:00 – 12:00	Relaxation time or à la carte treatment
12:00 – 13:00	Lunch
14:00 – 15:00	Aromatherapy Treatment
15:00 – 16:00	Colon Hydrotherapy Treatment
16:00 – 17:00	Yoga Session
18:00 – 19:00	Dinner