

Y42 Fledule | Our Flexible Schedule!

			Bring	Lead
Mon		Welcome drink		
	3	Classic Yoga	Eye pillow in Welcome bag	Rohini
	5.30	Drink & Welcome circle	Handbook & Welcome bag	Rohini
Tues	7.30	Gratitude sea walk & Ecstatic Dance		Karl/Dawn
	9.15	Priming 4 Peak state & Drink	Handbook	Rohini
	11.30	Flow Yoga	Eye pillow	Elliot
	1.30	Drink & Breathwork Breakthrough	Handbook	Rohini/Dawn
	4	Drink & free time		
	7	Playing with Fire & Drink	Handbook	Karl/Rohini
Wed	7.45	Silent sea walk with Incantations		Karl
	9	“Rockstar” Yoga	Eye pillow	Rohini/Brad
	11.30	Drink & Breathwork Purpose & Leadership	Handbook	Karl/Rohini/Dawn
	1.30	Drink & Free time		
	3.30	Yogadipity & Relationships	Handbook	Rohini/Karl
	6	Conscious Eating & Dinner....Yeah		Dawn
	8	Sound experience		Gail
Thur	7.45	Sufi dynamic meditation		Karl
	9	Ashtanga chill yoga & live music	Eye pillow	Victoria
	10.30	Brunch		
	11.45	Yogadipity & Wim Hof Icebath	Handbook	Rohini/Karl
	2	Free time & Dessert		
	3	Mastermind	Handbook	Rohini
	6.30	Dinner		
	8	Game of Thrones & Dessert		Karl/Rohini