

SIVANANDA YOGA WEEKEND

March
23th-25th
2012



EXPERIENCE YOGA IN TOTALITY:

HATHA YOGA CLASSES • MEDITATION • KIRTAN CHANTING
RELAXATION • VEGETARIAN MEALS • BLISSFUL BEING

STAY IN PURE RAINFOREST ENVIRONMENT NEAR BYRON BAY

\$175 - \$230

SHARED

SINGLE

For more details contact Shanti Deva
shantideva@gmx.com or 0487198088

Our Program

DAY ONE - FRIDAY

1400 - 1600 registration

-please request earlier or later arrival

-no admission after 1900

1630 -Welcome yoga class (optional)

1800 -Dinner

1930 -Welcome meditation and introduction

DAY TWO - SATURDAY

0700 -Meditation, Kirtan Chanting

0800 -Tea and fruit

0900 -Yoga class

1100 -Brunch

1430 -Meditative walk in sacred labyrinth

1615 -Yoga class

1800 -Dinner

1930 -Meditation, Kirtan Chanting

DAY THREE - SUNDAY

0700 -Meditation, Kirtan Chanting

0800 -Tea and fruit

0900 -Yoga class including feedback/sharing

1100 -Brunch

1230 -Goodbye