UNA YOGA RETREATS	03.09.2017 **SUNDAY**	04.09.2017 **MONDAY**	05.09.2017 **TUESDAY**	06.09.2017 **WEDNESDAY**	07.09.2017 **THURSDAY**	08.09.2017 **FRIDAY**	09.09.2017 **SATURDAY**	10.09.2017 **SUNDAY**
8am		Good morning coffee, teas & fruits, nuts	Good morning coffee, teas & fruits, nuts	Good morning coffee, teas & fruits, nuts	Good morning coffee, teas & fruits, nuts	Good morning coffee, teas & fruits, nuts	Good morning coffee, teas & fruits, nuts	8.00 am - BREAKFAST
9am **10am**		9.00 am - **MORNING YOGA** - All levels (90 mins class)	9.00 am - **MORNING YOGA** - All levels (90 mins class)	9.00 am - **MORNING YOGA** - All levels (90 mins class)	9.00 am - **MORNING YOGA** - All levels (90 mins class)	9.00 am - **MORNING YOGA** - All levels (90 mins class)	9.00 am - **MORNING YOGA** - All levels (90 mins class)	
11am **12pm**	*Check in - from 12pm*	11.00 am - BRUNCH	11.00 am - BRUNCH	11.00 am - BRUNCH	11.00 am - BRUNCH	11.00 am - BRUNCH	11.00 am - BRUNCH	*Check out - 11am* Transport to AIRPORTS
1pm **2pm** **3pm** **4pm** **5pm**	Orientation	Q&A *Free Time*	*OPTIONAL ACTIVITIES:* Visit to **GROZNJAN** - artist hill town; **MOTOVUN** - medieval hill town, home to Motovun Film Festival; and **TRUFFLE HUNTING** *Free Time*	*OPTIONAL ACTIVITIES:* When yoga meets Art (Secret workshop) *Free Time*	*OPTIONAL ACTIVITIES:* Massage & Pampering *Free Time*	*OPTIONAL ACTIVITES:* Visit to **POREC** and UNESCO protected **Euphrasian Basilica**; **WINE TASTING** *Free Time*	*OPTIONAL ACTIVITIES:* Massage & Pampering *Free Time*	
6pm		6.00 pm - **EVENING YOGA**	6.00 pm - **EVENING YOGA**	6.00 pm - **PRANAYAMA & MEDITATION WORKSHOP**	6.00 pm - **POSTURE CLINIC** + **EVENING YIN YOGA**	6.00 pm - **YOGA NIDRA**	6.00 pm - **YIN YOGA**	
7pm **8pm** **9pm**	Welcome drinks 8 pm - DINNER	8.00 pm - DINNER	8.00 pm - DINNER	7.00pm - Dinner 8.30pm - Film Screening	8.00 pm - DINNER	8.00 pm - DINNER	8.00 pm - DINNER OUT - Groznjan	