



Lindisfarne Retreat Sample Itinerary

(times may vary)

Friday

4.30pm onwards	Welcome cuppa and snack in the dining/yoga room
5.00pm	Rooms available for check in
6.15pm	Yoga, Friday Chillout session including Yoga Nidra
8.00pm	Evening meal

Saturday

7.30 – 8.30am	Breakfast of mueslis, fruits and bread to help yourself to
9.15 – 9.30am	Pre-practice Yoga Nidra
9.35 – 10.45am	Flowing practice
10.45am	Short break & snack
11am – 12.30pm	Workshop
12.30pm	30 min posture clinic – ask me for help in any poses that you struggle with. Finish by 1.15pm
Afternoon	The lounge area will be available to relax in with books & magazines, cakes and tea available from around 3.30pm.
7.00 pm	Pub meal

Sunday

7.30am	Pre-practice tea/coffee and snack available
9.00am	Full Primary practice and posture clinic, finish by 11am
11.15am	Yoga Breakfast
Afternoon	The lounge area will be available to relax in with books & magazines, cakes and tea available from around 3.00pm.
4.30 – 6.00pm	Gentle practice followed by Yoga Nidra
7.00pm	Evening meal

Monday

7.00am	60 minute Primary Series practice
8.15 – 8.45am	Breakfast
10.00am latest	Departure from hotel