

	Sat 11/6	Sun 12/6	Mon 13/6	Tue 14/6	Wed 15/6	Thu 16/6	Fri 17/6
	Planned June 2011 Ashram Yoga Retreat						
					*Purnama	AYR Farewell Night	
5am	Morning Puja 5am - 6am	Morning Puja 5am - 6am	Morning Puja 5am - 6am	Morning Puja 5am - 6am	Morning Puja 5am - 6am	Morning Puja 5am - 6am	Morning Puja 5am - 6am
6am							
7am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am	Yoga: Meditation & Sun Salutation 7am - 8am
8am							
9am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am	Breakfast: Guests, Members, Volntrs 8:30am - 9:30am
10am							
11am	Yoga: Asana & Nidra 10:30am - 12pm	Yoga: Asana & Nidra 10:30am - 12pm	Yoga: Asana & Nidra 10:30am - 12pm	Yoga: Asana & Nidra 10:30am - 12pm	Yoga: Asana & Nidra 10:30am - 12pm	Yoga: Asana & Nidra 10:30am - 12pm	
12pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm	Midday Puja 12pm - 12:30pm
1pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm	Lunch: Guests, Members, Volntrs 12:30pm - 1:30pm
2pm							
	4pm - 5pm House Yoga with Vinayaga 5pm - 5:30pm Dusk 6:30pm - 7:30pm Evening 7:30pm - 8pm Evening	3pm - 3:30pm Possible 3:30pm - 6:30pm One 6:30pm - 7:30pm Evening	3pm - 3:30pm Possible 3:30pm - 6:30pm One 6:30pm - 7:30pm Evening	4pm - 5pm House Yoga with Vinayaga 6:30pm - 7:30pm Evening	4:30pm - 8pm Purnama 8pm - 9pm Late Evening	4pm - 5pm House Yoga with Vinayaga 6:30pm - 10pm Farewell	3pm - 5pm 'Light' Trekking to 6:30pm - 7:30pm Evening