

Z E N | N E Z

AUGUST - WEEK 3								
Time	Monday 11 AUG	Tuesday 12 AUG	Wednesday 13 AUG	Thursday 14 AUG	Friday 15 AUG	Saturday 16 AUG (PH)	Sunday 17 AUG	Time
10.00-11.00						BASICS + SOUND BATH CHO	STRETCH + SOUND BATH ANN	10.00-11.00
11.30-12.30						FLOW + STRETCH + SOUND BATH CHO	INSIDE FLOW YOGA + SOUND BATH ANN	11.30-12.30
12.30-1.30		STRETCH+ BREATHWORK MEDITATION + SOUND BATH APOORVA		STRETCH+ BREATHWORK MEDITATION + SOUND BATH APOORVA	STRETCH+ BREATHWORK MEDITATION + SOUND BATH ZILING			12.30-1.30
2.00-3.00		YIN + SOUND BATH APOORVA			NIDRA + SOUND BATH ZILING	GENTLE FLOW + SOUND BATH APOORVA	BASICS + STRETCH + SOUND BATH ZILING	2.00-3.00
3.30-4.30						NIDRA + + SOUND BATH APOORVA	ZEN SOUND BATH ZILING	3.30-4.30
5.00-6.00				HIP & SHOULDER OPENING + SOUND BATH APOORVA	ALIGN + FLOW + SOUND BATH ZILING			5.00-6.00
6.30-7.30	GENTLE FLOW + SOUND BATH APOORVA	BASICS + SOUND BATH CHO	ALIGN + FLOW + SOUND BATH APOORVA	GENTLE FLOW + SOUND BATH KHLOE	BASICS + STRETCH + SOUND BATH APOORVA			6.30-7.30
8.00-9.00	YIN + SOUND BATH APOORVA	STRETCH + SOUND BATH CHO	YIN + SOUND BATH APOORVA	STRETCH + SOUND BATH KHLOE	CANDLELIGHT ZEN SOUND BATH APOORVA			8.00-9.00