

Uluramaya Retreat

Friday

Arrival any time after 2pm
5.00 - 6.00pm Your Yoga Practice
6.30 - 8pm Dinner & Welcome
8.30 - 8.50pm Meditation

Saturday

6.15 - 7am Pranayama and meditation
7.30 - 10.30am Asana class
11am Brunch
12 - 3.00pm Free Time
3.15 - 4.15pm Yoga Discussion
4.30 - 6pm Asana Class
6.30 - 7.30pm Dinner
8.30 - 8.50pm Meditation

Sunday

6.15 - 7 am Pranayama and meditation
7.30-10.30am Asana class
11am Brunch

What to Bring :

Yoga clothes, torch, alarm clock, water bottle

Yoga Props - Bring what you have if not you can use my props.

Food and Drinks - We will serve brunch and dinner and have a range of herbal teas and water. Generally we would not eat before the morning class but if you need to have a light snack for breakfast bring something with you.