



Santidas Yoga Centre

Program of Yoga & Meditation Retreat Institut Tibetain Yeunten Ling – Huy

Arrival: Friday evening 18:00

Distribution of rooms and dinner.

21:00 – 22:00 Satsang

Saturday :

07:00: Morning meditation

08:00 Breakfast

09:00 – 11:30 Asana Practice

11:30 – 12:30, Time for self-reflection

12:30 – 13:30 Lunch

One hour of Karma Yoga for all participants and silent walk in the forest

15:00 – 17:00 Yoga and healing process - practice and philosophy

20:30 – 21:30 Satsang

22:00 - lights off

Sunday:

07:00 Morning meditation

08:00 – 09:00 Breakfast

09:30 – 11:30 Yoga as a healing process for the Body and Planet: Asanas and Philosophy of Yoga.

12:30 – 13:00 Lunch

Karma Yoga for all

14:00 – 16:00 Questions & Answers

16:30 Goodbye tea



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