

SAMPLE DAY

The Companion Yoga Retreat

- | | |
|-------|---|
| 08.30 | Activating Beach Yoga — Your first practice of the day, on the sand. |
| 09.30 | Breakfast — AYURAH Light Detox Menu, explained to you in relation to your practice. |
| 11.00 | Guided Mindfulness and Meditation — A quiet, guided seated session. |
| 12.30 | Lunch — AYURAH Light Detox Menu. |
| 15.00 | Grounding Yoga — Your second practice, slower and grounding. |
| 17.00 | Senses of AYURAH Massage — Your private therapeutic treatment for the day. |
| 19.00 | Dinner — AYURAH Light Detox Menu, light and easy to digest. |
| 21.00 | Sleep Turndown Ritual — A quiet close to the day and preparation for restful sleep. |
-

This is an example day; your days are adapted to you.