






<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<p>8.00 BREAKFAST</p> <p>9.30 YOGA</p>	<p>7.30 SUNRISE YOGA</p>  <p>9.00 BREAKFAST</p>	<p>8.30 BREAKFAST</p> <p>11.00 excursion to RAVDOUHA</p>	<p>8.00 BREAKFAST</p> <p>9.00 ASHTANGA</p> <p>POWER YOGA</p> 	<p>8.30 BREAKFAST</p> <p>9.30 DETOX YOGA</p>	<p>8.00 BREAKFAST</p> <p>9.00 VINYASA FLOW</p> <p>PACKING AND SAY GOODBYE</p> 
<p>Welcome at Naya and settle in</p> <p>21.00 DINNER</p>	 <p>19.00 YOGA</p> <p>20.30 DINNER</p>	<p>17.30 PILATES</p> <p>20.00 DINNER</p>	<p>14.00 LUNCH at WAVES on the rock</p> <p>17.00 YOGA NIDRA VILLA MARIA</p> <p>19.00 back to NAYA</p> <p>20.30 DINNER</p>	<p>19.30 FULL MOON YOGA</p> <p>20.30 DINNER</p>	<p>18.00 PILATES</p> <p>21.00 DINNER</p>	