

Schedule for 15th -17th March 2019 subject to change

YOGA & SPA WEEKEND BREAK

Period	Friday	Saturday	Sunday				
7am		7AM – 7.15 MEDITATION (optional)	7.15 -7.30 MEDITATION (optional)	You are not expected to do this, its optional for those that want to! 😊	Please enter the room quietly take a comfortable seat	And I will guide you in a 15 min meditation	Bring your cushion with you and blanket 😊
7.30am		7.30 – 8.45 Yoga Morning Practice	7.45 -9am Yoga Morning Practice	You may need your blankets for the relaxation			
BREAKFAST	We will be seated on one table that we will use all weekend :)	Breakfast 9am finishes at 10am.	Breakfast 9.15 finishes at 11am	There is a help yourself buffet	And....a Cooked to order breakfast thats included!		
		FREE Time Swim / Relax /book a treatment*	FREE Time Swim / Relax / treatment* (check out by 12)	You need to check out of your room by 12 And settle any purchases.....	however, you can still use the facilities 😊		
12-12.45		12 – 12.45 Yoga Workshop Inversions All levels	12-12.45 Yoga Workshop Assisted Yoga Stretching (partner)	These are optional too! So, if you want to sight see that's fine. We will see you for the evening session 😊 or lunch			
1pm	You will be asked to choose your dinner when you arrive!	1pm Lunch (light homemade soups & Breads)	1pm Sunday Lunch One course Carvery	(if your not staying for lunch, can you let the hotel know)			
2pm	YOU CAN CHECK IN FROM 2PM 😊	FREE Time Swim / Relax /book a treatment*	After Lunch TIME TO SAY GOODBYE 😊	Rye is about 30mins away and well worth a visit....			
4.15pm	FREE Time Swim / Relax / book a treatment*	*make sure you book your treatments in advance!!!					
	4.15pm Tea/coffee Welcome Meeting (Yoga Room)	*See flackley Ash website for a list of treatments and prices					
5pm - 6.30pm	5pm-6.30pm Yin Yoga Practice (Yoga Room)	5.45pm -6.30 Yoga Nidra (yogic sleep) deep relaxation		Make sure you bring a blanket and cushion with you! For the Yin & Nidra			
7 for 7.30pm	Meet in the Bar Dinner @ 7.30pm	Meet in the Bar Dinner @ 7.30pm			Water on table	You just pay for your own drinks!	

