



ITINERARY

SATURDAY 17TH JANUARY

- | | |
|-------|--------------------------------|
| 10:30 | Arrival Tea & Coffee |
| 11:00 | Dynamic Yoga Class |
| 12:30 | 2 Course Lunch |
| 13:30 | Creative Vision Board Workshop |
| 15:45 | Refreshment Break |
| 16:00 | Gentle Yoga |
| 17:30 | Guests Depart |

