

YOGA RETREAT

WED	Arrival Check-In 16:00	Château & farm tour 17:00	Aperitivo 18:30	Dinner 19:00		
THU	Opening Yoga 09:00	Farmer's breakfast 11:00	Visit vegetable garden 12:30	Light lunch snacks 14:00	Meditation & free time 15:00	Aperitivo & dinner 18:30
FRI	Detox Yoga 09:00	Farmer's breakfast 10:30	Hike to the Mont Raimeux 11:30	Raw sweet snack buffet free time 15:30	Aperitivo & dinner 18:30	Evening meditation Breathing practice 21:00
SAT	Vinyasa Flow Yoga 09:00	Farmer's breakfast 11:00	Free time 12:00	Tea ceremony & matcha 13:00	Closing Yoga 17:00	Aperitivo & dinner 19:30
SUN	Farmer's breakfast 09:30	Check-Out 11:00				