

Samsø Yoga Retreat

June 2nd - 5th 2023

Friday

- 14:30 - Arrival and check-in at Inspiratoriet
- 15:00 - Welcome & Intro to the weekend
 - Tea/coffee and snack
- 17:30 - Gentle Afternoon Yoga (2 hours)
- 19:00 - Dinner
- 21:00 - Meditation (30 mins)
- 21:30 - Evening tea
- Goodnight*

Saturday

- 6:30 - Tea/coffee and snack available in the dining area
- 7:00 - Morning Meditation and Yoga practice (1 hour 30 mins)
- 8:45 - Breakfast
- Free time to explore the nature, walk to the beach, read a book, relax...*
- 13:00 - Lunch
- 14:00 - Optional intro to Permaculture part I (1 hour 30 mins)
- 15:00 - Afternoon tea/coffee and snack available in the dining area
 - Silent hours in the common areas (2 hours)
- Free time to explore the nature, walk to the beach, read a book, relax...*
- 17:30 - Gentle Afternoon Yoga (1 hour 30 mins)
- 19:00 - Dinner
- 21:00 - Meditation (30 mins)
- 21:30 - Evening tea
- Goodnight*

Sunday

- 6:30 - Tea/coffee and snack available in the dining area
- 7:00 - Morning Meditation and Yoga practice (1 hour 30 mins)
- 8:45 - Breakfast
- Free time to explore the nature, walk to the beach, read a book, relax...*
- 11:30 - Optional intro to Permaculture part II (1 hour 30 mins)
- 13:00 - Lunch
- 15:00 - Afternoon tea/coffee and snack available in the dining area
 - Silent hours in the common areas (2 hours)
- Free time to explore the nature, walk to the beach, read a book, relax...*
- 17:30 - Gentle Afternoon Yoga (1 hour 15 mins)
- 19:00 - Dinner
- 21:00 - Meditation (30 mins)
- 21:30 - Evening tea
- Goodnight*

Monday

- 6:30 - Tea/coffee and snack available in the dining area
- 7:00 - Morning Meditation and Yoga practice (1 hour 30 mins)
- 8:45 - Breakfast
- 10:00 - Free time (1 hour 30 mins)
- 11:30 - Meditation and round-up on the weekend (1 hour 15 mins)
- 12:45 - Lunchpack to go and check out
- Namaste and see you next time...*

Small changes to the program might occur. Please, check the website regularly
moseholmyoga.com/retreats/samsø-yoga-retreat/