

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
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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)
 - 15:30 - 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
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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
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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...
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Small changes to the program might occur. Please, check the website regularly
moseholmuyoga.com/retreats/samsø-yoga-retreat/