Program

From July 15th to August 15th 2017

YOGA Summer Camp

- Yoga lesson with Diana
- Well-being workshop
- Cooking workshop
- Presentation of our organic Champagne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7h00-7h50 Meditation	7h00-7h50 Pranayama	7h00-7h50 Meditation	7h00-7h50 Pranayama	7h00-7h50 Meditation	7h00-9h00 Dynamic walking	8h00-10h00 Kriya, meditation (Saline)
8h15-9h30 Wake-up yoga	8h30-9h30 Aquavit Yoga (St Jean Bay)	8h15-9h30 Wake-up yoga	8h30-9h30 Aquavit Yoga (St Jean Bay)	8h15-9h30 Wake-up yoga	9h30-10h30 Aquavit yoga (St Jean Bay)	
10h00-11h00 Work Shop Le Barth Fruit and vegetable juices workshops	10h45-11h45 Work Shop Le Barth How do home massages		10h45-11h45 Work Shop Le Barth Glowy skin basics By La Mer	10h00-11h30 Work Shop Le Barth Healthy recipy	11h30-13h00 Asana Lab	
		12h00-13h00 Yoga therapy		12h00-13h00 Yoga therapy		
13h15-14h45 Yoga Challenge	13h15-14h45 Yoga Challenge	13h15-14h45 Yoga challenge	13h15-14h45 Yoga challenge	13h15-14h45 Yoga challenge		
15h00-16h00 Work Shop Le Barth Healthy hair and scalp		15h30-17h00 Vegan bakery workshops			15h00-17h30 Yoga University Weekly workshops TBD	15h00-16h30 Yoga University Weekly workshops TBC
			17h00-18h15 Yoga Flow			16h30-18h00 Personal development
18h30-20h00 Yoga Zen	18h30-20h00 Yoga Flow	18h30-20h00 Yoga Zen		18h30-20h00 Yoga Zen	18h00-19h00 Organic Champagne	
			19h00-20h00 Meditation Circle (Anglican Church center, Gustavia)			

or

or