

Daily Schedule

08.00 Rise and shine

You will be awakened by the gentle sound of Yoga mantras. When you arise, if you wish, you can take herbal tea and wash the sleep away; then prepare for the morning yoga class.



08.30 1st Yoga lesson

The class begins with "Shavasana" relaxation, and then in a simple sitting pose, followed by Nadhi Sudhi, alternate nostril breathing. An easy, relaxed, frame of mind is now induced for commencement of a short meditation period of 10 minutes.

We will then follow with Hatha yoga starting with some rounds of Surya Namaskar (the sun salutation), greeting the sun blazing with its life giving energy and force. Each Asana (posture) is formulated to counter the last one allowing the body to flow one way and then the other, invigorating the muscles, endocrine and internal organs.

A final deep relaxation (Yoga Nidra) using auto suggestion to keep this new restored you; balanced, energised and ready to face any challenge the day may hold for you now or in the future to stay relaxed and focused within the trials and stresses of modern living.

We end the lesson with a life extending mantra which includes wishing the world peace, happiness, freedom from suffering and a swift return to the source of all.

10.00 Brunch

It is time to enjoy your energy rich, healthy, yogic brunch after the first Yoga lesson. You will be enjoying a choice of cereals, yoghurts, succulent fruits, juices, home baked breads along with honey and other preserves.

11.00 Free time

This is an excellent time to explore your surroundings. Here the air is pure and full of pranic energy, perfect for a peaceful walk or just chill by the pool.

13.00 Lunch Enjoy a super healthy smoothie full with good stuff.

17.00 Afternoon Yoga lesson

Your body is now more open than at the beginning of your 1st yoga lesson; this class will follow a similar format as before but you will be holding the Asanas (postures) for longer, with the addition of some variations.



19.00 Supper

Simply enjoy..... The vegetarian delicious meal is varied, imaginative with a real touch of Yoga. ;-)

20.00 Free time

Again the blessing of free time, simply hang in the garden as the night is young and the morning is far away. Just be sure you can get up for herbal tea and morning yoga session.

As the sun sets we will meditate, as this is one of the prescribed times to perform Dhyana (meditation) when the atmosphere is supercharged with pranic energy.

Looking forward practising together.
Namaste

