

Devon School of Yoga
Holistic Yoga Autumn Retreat
7-10 November 2024 Schedule

Thurs 7 Nov 2:30pm - 3:30pm	Arrive, check in at reception, and settle in with tea & biscuits	Duncan & Andrea
4:30pm - 6:45pm	Introductions and orientation, yoga in the studio	Duncan
7:30pm	Dinner	
Evening	Free time - relax and socialise	
10:00pm	Retire	
Fri 8 Nov 6:20am	Wake-up chimes (Please observe silence on waking through to breakfast)	
7:00am - 8:30am	Meditation, pranayama, kriyas and morning stretches, yoga	Duncan
9:00am	Breakfast	
10:30am - 12:30pm	Yoga in the studio	Andrea
1:00pm	Lunch	
2:00pm - 4:30pm	Free time, walk, siesta, etc - 3:45pm tea & biscuits	
4:30-5:30pm	Satsang	Duncan
5:45pm - 7:00pm	Yoga with Duncan and Andrea	Duncan & Andrea
7:30pm	Dinner	
Evening	Free time - relax and socialise	
10:00pm	Retire	
Sat 9 Nov 6:20am	Wake-up chimes (Please observe silence on waking through to breakfast)	
7:00am - 8:30am	Meditation, pranayama, kriyas and morning stretches, yoga	Duncan
9:00am	Breakfast	
10:30am - 12:30pm	Yoga in the studio	Andrea
1:00pm	Lunch	
2:00pm - 4:30pm	Free time, walk, siesta, etc - 3:45pm tea & biscuits	
4:30-5:30pm	Satsang	Duncan
5:45pm - 7:00pm	Qi Gong and Yoga Nidra	Barry

7:30pm	Dinner	
9:00pm - 10:30pm	Kirtan (Bhakti yoga chanting)	Barry, et al
11:00pm	Retire	
Sun 10 Nov 6:50am	Wake up chimes (Please observe silence on waking through to breakfast)	
7:30am - 9:00am	Meditation, pranayama, kriyas and morning stretches, yoga	Andrea
9:30am	Breakfast	
11:00am - 1:00pm	Yoga in the studio	Duncan
1:30pm	Lunch	
3:00pm	Depart	

NOTE: The schedule is not set in stone and the timings may vary slightly.