



Itinerary

Time for You

Yoga & Art Retreat at Eaton Manor



Day 1

10:30	Welcome & refreshments
11:30	Orientation walk of estate
13:00	Lunch
14:00 - 16:00	Art workshop
16:00 - 19:00	Free time
19:00	Dinner
21:00 - 22:00	Evening relaxation session

Day 2

08:30 - 09:30	Hatha yoga session
09:30	Continental breakfast
11:00 - 13:00	Art workshop
13:00	Lunch
14:00 - 16:00	Woodland bathing
16:00 - 19:00	Free time
19:00	Dinner



Day 3

08:30 - 09:30	Hatha yoga session
09:30	Continental breakfast
11:00 - 13:00	Art workshop
13:00	Lunch
14:00 - 16:00	Art workshop
16:00	Departure

