



Afrikan Yoga Retreat

21st - 28th July 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.00-07.00		Meditation Trainer: Pablo Imani	Meditation Trainer: Pablo Imani	Meditation Trainer: Pablo Imani	Meditation Trainer: Pablo Imani	Meditation Trainer: Pablo Imani
07.00-08.00	Meditation Trainer: Pablo Imani	Afrikan Yoga Trainer: Pablo Imani	Afrikan Yoga Trainer: Pablo Imani	Afrikan Yoga Trainer: Pablo Imani	Afrikan Yoga Trainer: Pablo Imani	Afrikan Yoga Trainer: Pablo Imani
08.00-09.00	3km Run or Power walk	Morning Cycle	Stretch and breathing (low intensity)	3km Run or Power walk	3km Run or Flexi stretch	Mobility Drills/ Stretch
09.00-10.00	Breakfast	Breakfast	Breakfast Mediation	Breakfast	Breakfast	Breakfast
10.30-11.30		Forrest Walk Trainer: Pablo Imani				
12.00-13.00	Yoga session Trainer: Pablo Imani	Circuit training	Fit balance	Tabatha	Boxing Exercise	Boxing Excercise
12.00-13.00	Boxing excercise					
13.30-14.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.00-16.00	Introduction to Afrikan Yoga Lecturer: Pablo Imani	Maat Philosophy part 1 Lecturer: Pablo Imani	Maat Philosophy part 2 Lecturer: Pablo Imani	Maat Philosophy part 3 Lecturer: Pablo Imani	Maat Philosophy part 4 Lecturer: Pablo Imani	Yoga Session Trainer: Pablo Imani
16.30-17.30	Spinning	VPR Fitness	Body Conditioning	Spinning	Strength training (medium intensity)	High Intensity Training
17.30-18.30		Yoga Session Trainer: Pablo Imani	Yoga Session Trainer: Pablo Imani	Yoga Session Trainer: Pablo Imani	Yoga Session Trainer: Pablo Imani	
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
21.00-21.30	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk