

OUTSIDE GROUP SAMPLE ITINERARY

DAY ONE

2:00 - 3:00PM	ARRIVAL + CHECK IN
3:30 - 4:00PM	GROUP ORIENTATION WITH BYRON YOGA CENTRE HOST
4:00 - 6:00PM	YOGA SHALA - WELCOME CIRCLE + AFTERNOON WORKSHOP
6:00 - 7:00PM	DINNER - BYRON YOGA CENTRE
7:00 - 9:00PM	YOGA SHALA - EVENING SESSION
9:00PM	LIGHTS OUT - SWEET DREAMS

DAY TWO

6:00 - 7:45AM	YOGA SHALA - MORNING SESSION
8:00 - 9:00AM	BREAKFAST - BYRON YOGA CENTRE
9:00 - 11:00AM	YOGA SHALA - WORKSHOP
11:00 - 12:00PM	COOKING CLASS - BYRON YOGA CENTRE
12:30 - 1:30PM	LUNCH - BYRON YOGA CENTRE
1:30PM - 2:30PM	FREE TIME - HEAD TO THE BEACH!
3:30 - 5:30PM	YOGA SHALA - AFTERNOON SESSION
5:30 - 6:00PM	FREE TIME
6:00 - 7:30PM	DINNER - BYRON YOGA CENTRE
7:00 - 9:00PM	YOGA SHALA - EVENING SESSION
9:00PM	LIGHTS OUT - SWEET DREAMS!

FINAL DAY

6:00 - 7:30AM	YOGA SHALA - MORNING SESSION
8:00 - 9:00AM	BREAKFAST - BYRON YOGA CENTRE
9:00 - 9:30AM	CHECK OUT OF ROOMS
9:30 - 11:00AM	YOGA SHALA - CLOSING CEREMONY
12:30 - 1:30PM	LUNCH - BYRON YOGA CENTRE
1:30PM	HOME TIME