

# Cawsand, SE Cornwall Yoga Retreat Timetable (SAMPLE)

## Monday:

5pm	Arrivals
6pm	Group Introductions & Welcome
7pm	Dinner (artisan sourdough pizza from The Old Bakery)
8.30pm	Cacao Ceremony & Yin Yoga by candlelight

## Wednesday:

8am	Gentle Flow Yoga
9am	Breakfast
	<i>Free time / Treatments</i>
5pm	QiGong on the beach
7pm	Dinner
9pm	Star gazing & planetary energetics

## Friday:

8am	Gentle Flow Yoga
9am	Breakfast
11am	Goodbyes and Departures*

## Tuesday:

8am	Gentle Flow Yoga
9am	Breakfast
10am	Guided Walk along the SW coast path to Mount Edgcumbe
	<i>Free time / Treatments</i>
7pm	Dinner
9pm	Reflexology workshop & mineral foot soak

## Thursday:

8am	Gentle Flow Yoga
9am	Breakfast
10am	Guided Walk to Rame Head & Whitsand Bay
	<i>Free time / Treatments</i>
7pm	Dinner (Cornish cheese tastings)
8pm	Sound Healing with Teresa Wicksteed