



Kashi
Kriya

YOGA RETREAT PROGRAM

KASHI HOUSE

FRIDAY

15.30pm - 16.30pm	Arrival participants
17.00pm - 18.30pm	Practises for the Mind
7 pm	Dinner

SATURDAY

7.00am - 7.30am	Silent Meditation
7.30am - 8.30am	Asana
8.30am	Breakfast
9.30am - 10.45am	Walk, free time to relax
11.00am - 12.30pm	Practises for the Mind
1.00pm	Lunch
2.30pm	Yoga Nidra
3.30pm - 4.45pm	Walk, free time to relax
5.00pm - 6.30pm	Techniques for the mind
7pm	Dinner

SUNDAY

7.00am - 7.30am	Silent Meditation
7.30am - 8.30am	Asana
8.30am	Breakfast
9.30am - 10.45am	Walk, free time to relax
11.00am - 12.30pm	Practises for the Mind
1.00pm	Lunch

WHAT TO BRING:

- Comfortable clothes for practising
- Walking shoes
- Comfortable shoes to slip on/to take off with ease inside the house
- A bag or a backpack where you can leave your things
- A notebook to take notes on techniques and insights