



2021

Master Classes

- 1st 23/24 January
- 2th 20/21 February
- 3rd 20/21 March
- 4th 8/9 May
- 5rd 22/23 May
- 6th 19/20 June

From 09.00 to 13.00 and 14.30 to 16.30

Yoga and Holidays 2021 - 5 days

- March friday 5 to tuesday 9
- October friday 15 to tuesday 19

09.00-10.00 Meditation,
Vayus, kriyas and pranayama's
10.00-10.30 Pause (breakfast not included)
10.30-12.00 Asana practice
12.00-13.00 Study of philosophy text.

Intensive Yoga Retreats in Silves

Spring retreat
16 to 25 April

Autumn retreat
5 November to 14 November

Daily: 08.00-10.00 Meditation, vayus, kriyās, prānāyāmas
Break: 10.00/10.30 (breakfast not included)
10.30/13.00 Āsana practice
18.00-20.00 Āsana and study