



# Mary's Yoga

[www.yoga-in-cardiff.co.uk](http://www.yoga-in-cardiff.co.uk)

## Sample Yoga Week

### Friday

4.00pm to 6.00pm	Students arrive, find rooms, unpack
6.00pm to 7.30pm	Supper
8.00pm to 9.50pm	Introductions, pranayama (breathing), chanting and meditation
9.50pm to 10.30pm	Tea, bed

### Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday

6.30am to 7.00pm	Chanting
7.00am to 7.40am	Asana (posture work)
7.40am to 8.00am	Walking meditation (silent)
8.00am to 9.00am	Breakfast
9.00am to 9.50am	Karma Yoga (silent)
9.50am to 10.00am	Tea
10.00am to 12.30pm	Asana (posture work)
12.30pm to 12.40pm	Relaxation
12.40pm to 1.00pm	Walking meditation (silent)
1.00pm to 2.00pm	Lunch



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## Sample Yoga Week

### **Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday (continued)**

2.00pm to 4.00pm	Rest (silent) or activity (Tues or Wed)
4.00pm to 6.00pm	Pranayama (breathing) and meditation
6.00pm to 7.30pm	Supper
8.00pm to 9.50pm	Chanting/meditation. Entertainment (Thurs)
9.50pm to 10.30pm	Tea, bed

### **Friday**

6.30am to 7.00pm	Chanting
7.00am to 7.40am	Asana (posture work)
7.40am to 8.00am	Walking meditation (silent)
8.00am to 9.00am	Breakfast
9.00am to 9.50am	Pack, prepare to leave (silent)
9.50am to 10.00am	Tea
10.00am to 11.30am	Leaving Ceremony
11.30am	Leave