



PROGRAM SCHEDULE

Day 1

- ~12:00** — Arrival at Gaillon-Aubevoye Station
 - 12:30 – 13:30** — Arrival at Le Thuit · Opening Circle & Welcome Snack
 - 13:30 – 14:00** — House Tour · Room Check-in
 - 14:00 – 15:00** — Lunch
 - 15:00 – 16:30** — Park Visit
 - 16:30 – 17:45** — Free Time
 - 17:45 – 19:30** — Yin Yoga
 - 19:45 – 20:45** — Dinner
 - 21:15 – 22:00** — Kirtan
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Day 2

- 09:00 – 11:15** — Full Vinyasa Session · Sound Bath
 - 11:30 – 12:30** — Brunch
 - 12:30 – 14:30** — Free Time
 - 14:30 – 15:30** — Circle & Workshop
 - 15:30 – 17:30** — Cacao Ceremony · Breathwork
 - 18:00 – 19:30** — Yin Yoga · Voice Activation
 - 19:45 – 20:45** — Dinner
 - 20:45 – 22:00** — Free Time
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Day 3

- 09:00 – 11:15** — Full Vinyasa Session · Sound Bath
- 11:30 – 12:30** — Brunch
- 12:30 – 14:30** — Free Time
- 14:30 – 15:30** — Circle & Workshop
- 15:30 – 17:30** — Outing / Nature Walk
- 18:00 – 19:30** — Yin Yoga · Dance
- 19:45 – 20:45** — Dinner
- 21:15 – 22:00** — Kirtan

Day 4

09:00 – 11:15 — Full Vinyasa Session · Sound Bath

11:30 – 12:30 — Brunch

12:30 – 14:30 — Free Time

14:30 – 15:30 — Circle & Workshop

15:30 – 17:30 — Breathwork Session

18:00 – 19:30 — Yin Yoga · Voice Activation

19:45 – 20:45 — Dinner

20:45 – 22:00 — Free Time

Day 5

09:00 – 11:15 — Full Vinyasa Session · Sound Bath

11:30 – 12:30 — Brunch

12:30 – 14:30 — Free Time

14:30 – 15:30 — Laughter Yoga

15:30 – 17:30 — Outing / Nature Walk

18:00 – 19:30 — Yin Yoga · Dance

20:45 – 21:45 — Festive Dinner

21:45 – 23:00 — Closing Evening

Day 6

09:00 – 11:15 — Full Vinyasa Session · Sound Bath

11:30 – 12:30 — Brunch

12:30 – 13:00 — Collective Packing · Farewell

13:00 – 13:30 — Transfer to Gaillon-Aubevoye Station

~**13:45** — Train Departure