



Main Line Yoga & Vedic Conservatory
3 Day Thai Massage Retreat
Arsha Vidya Gurukulam
April 24th to 26th



Friday

4:30 PM	Check in Begins
6:30 - 7:30 PM	Dinner
7:30 - 9:30 PM	Evening Session

Saturday

7:00 - 8:00 AM	Breakfast, (eat lightly)
8:00 - 9:00 AM	Yoga Class
9:30 - 12:30 PM	Morning Session
12:30 - 1:30 PM	Lunch
2:30 - 6:30 PM	Afternoon Session
6:30 - 7:30 PM	Dinner
8:00 - 9:30 PM	Evening Session

Sunday

7:00 - 8:00 AM	Breakfast, (eat lightly)
8:00 - 9:00 AM	Yoga
9:30 - 12:30 PM	Morning Session
12:30 - 1:30 PM	Lunch
2:30 PM	Checkout