

Inner Bliss Yoga Retreat

Unplug, Relax, Recharge your batteries and connect to your inner self.

Escape the high-stress, fast-paced hustle and bustle of modern life in order to rediscover yourself. Enjoy unbelievably tasty and beautiful vegetarian food.

Daily Schedule

8.00am: Warm drinks available prior to morning practice

8.30 am: Morning practice (approx 1 hour 15 minutes) Vinyasa.

10.00 am: Breakfast (tea and fruit).

10.30 Free time / Ayurvedic treatments / Massages / Counselling.

13.00 pm: Lunch.

2.00pm: Optional excursion or workshop / Free time / Ayurvedic treatments / Massages.

6.00 pm: Afternoon Practice: Gentle Yoga, relaxation and meditation.

7.30 pm: Evening Meal.

Highlights

- 2 daily Yoga sessions
- 2 vegetarian buffet meals a day and afternoon snack, tea, coffee, water.
- 5 nights/6 days
- Evening meal 1st day, 4 full days plus breakfast on 6th day.
- Swimming Pool
- Optional therapies (not included in the price): Yoga therapy, massages, Ayurveda, Counselling.