

## Anat Yoga & Meditation Retreat - Schedule

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
07:30 - 09:30	<b>Arrival, lunch at Tao's &amp; check-in the hotel</b>	<b>Yoga &amp; Pranayama</b> with Anat	<b>Sun, sea &amp; nature - A free day in Paros</b>	<b>Yoga &amp; Pranayama</b> with Anat	<b>Yoga &amp; Pranayama</b> with Anat	<b>Yoga &amp; Pranayama</b> with Anat	<b>Yoga &amp; Pranayama</b> with Anat
09:30 - 10:00		<b>Meditation</b> with Anat		<b>Meditation</b> with Anat	<b>Meditation</b> with Anat	<b>Meditation</b> with Anat	<b>Meditation</b> with Anat
10:30		<b>Breakfast</b>		<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
11:45 - 12:30		<b>Tao &amp; Zen Ring</b>		<b>Exploring the Island</b> with Tao's staff	<b>Walking Meditation</b> <b>(outdoor session)</b> with Anat	<b>Tao &amp; Zen Ring</b>	<b>Tao &amp; Zen Ring</b>
15:00							
17:00 - 17:30		<b>Evening Meditation</b> with Anat	<b>Evening Meditation</b> with Anat	<b>Evening Meditation</b> with Anat		<b>Evening Meditation</b> with Anat	
17:30 - 19:00		<b>Yoga Practice</b> with Anat	<b>Dinner in Taos</b>	<b>Yoga Practice</b> with Anat		<b>Dinner in Taos</b>	
20:30 - 22:30			<b>Dharma session &amp; Meditation</b> with Anat			<b>Dharma session &amp; Meditation</b> with Anat	