



*Delphi Resort Yoga Retreats with Kenneth Ryan*  
*Sample itinerary*

**Friday**

- 16:00 Check-in, welcome, kick back and relax
- 19:30 Light n' Lovely dinner and Meet & Greet with Ken
- 21:00 Relax and Revive: Yoga Restfulness/Relaxation
- 22:00 Gathering or early to bed

**Saturday**

- 08:00 Connemara Tea Ceremony
- 08:30 Morning Meditation
- 09:00 Yoga: Lively Morning practice
- 10:00 Healthy Breakfast
- 11:00 5 Tibetans "Yoga for Life"
- 12:00 Personal rest – your free time  
You may wish to explore Delphi's offering in the spa (you receive 2 hours in the Thermal Suite as part of the yoga retreat), the adventure centre, or go on a peaceful forest walk along the self-guided trails
- 15: 15 Afternoon cocktails in the form of healthy smoothies

17:00 Yoga Restorative: Relaxing restful practice

19:00 Early dinner: Healthy dining in The 814 Restaurant

21:00 Evening “Resting in the Twilight Zone”: Yoga Nidra

22:00 Early to Bed (recommended)

## **Sunday**

08:00 Silent tea ceremony - suggestion

08:30 Meditation

09:00 Hatha Yoga; lively morning practice

10:00 Healthy breakfast

11:00 Delphi Forest walk - self guided trail

12:30 5 Tibetan practice refresher

13:00 Lunch

14.00 There will be treatments available in Delphi Spa. We can also recommend local walks and places of interest to enjoy on your trip home. You will be feeling fantastic! :-)