



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 followed by an intensely healthy juice shot; the "Big Shot"
- 08:30 Morning Meditation
- 09:00 Yoga: Lively Morning practice
- 10:00 Late morning breakfast of your choice from buffet
- 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 Mid-afternoon smoothie

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 followed by an intensely healthy juice shot; the "Big Shot"

08:30 Meditation

09:00 Hatha Yoga; lively morning practice

10:00 Late morning breakfast of your choice from buffet

11:00 Delphi Forest walk - self guided trail

12:30 5 Tibetan practice refresher

13:00 Mid-afternoon smoothie

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! :-)