

Anam Cara Studio 2022 Retreats

Program of sessions during Catered retreats		
Monday	restorative	4.30 – 6.30pm
Tuesday to Saturday	Sunrise meditation and beach side breakfast	
	asana class	9.00 – 11.30am
	restorative	3.30 – 6.00pm
Sunday	Sunrise meditation and beach side breakfast	
	asana class	9.30 – 11.30am
Other than breakfast, all meals are served onsite at the yoga studio by our private chef.		

Program of sessions during Standard retreats		
Monday	restorative	4.30 – 6.30pm
Tuesday to Thursday	asana class	8.30 – 11.00am
	restorative	3.30 – 6.00pm
Friday	asana class	8.00 – 11.00am

Program of sessions during Weekend retreats		
Friday	restorative	4.30 – 6.30pm
Saturday	asana	8.30 – 11.30
	restorative	3.30 – 5.30
Sunday	asana	8.30- 11.30

Dates

Catered retreats \$ 990 (30 Hours)	
Dates 2022	Teacher
7 – 13 March	Polly
22 – 28 August	Polly

Standard Retreats \$ 300 (20 Hours)	
Dates 2022	Teacher
31 Jan – 4 Feb	Vera
30 May – 3 June	Polly
11 – 15 July	Vera
24 – 28 Oct	Vera

Weekend Retreats \$165 (10 Hours)	
Dates 2022	Teacher
25 – 27 March	Vera
29 April – 1 May	Polly
17 – 19 June	Vera
25 – 27 November	Vera