Scedule GongYogaRetreat HoiAn, Vietnam 20/2-25/2 2020

	6.15* am	6.30 am	8.30 am	10-* am	Ca 12.00-4.30	4.30 pm	7 pm
DAY 1 **20/2**					CHECK-IN 2.00 PM AN Villa Hoi An	Day 1 at 5 pm Welcome Presentation OSHO Meditation 4 stages inkl. gong	DINNER
DAY 2 **21/2**	DoIn	YOGA PRANAYAMA FLYoga group 1	BREAKFAST	BOATTRIP "Old town" HoiAn* 1-1.5 h	Free time	YINYOGA GONG MEDITATION	DINNER
DAY 3 **22/2**	DoIn	YOGA PRANAYAMA FLYoga group 2	BREAKFAST	Guidad BICYCLE TOUR*	Time to rest, bath, SPA Stillness	YINYOGA GONG HEALING	DINNER
DAY 4 **23/2**	DoIn	YOGA Chandra Namaskar MEDITATION	BREAKFAST	Trip by car to a gong-factory		YINYOGA GONG NEWMOON MEDITATION	DINNER
DAY 5 **24/2**	DoIn Day in silence	YOGA MEDITATION	BREAKFAST	Workshop with Palmleaves at AnVilla	Time to rest, bath, SPA Stillness	YINYOGA GONG HEALING	DINNER Evening circle
DAY 6 **25/2**	DoIn	YOGA	BREAKFAST	BREATHWALK Walking meditation	CHECK-OUT 12.00PM An Villa		