

Program 2022

Wednesday 5th of October

Time

10.00 am — onwards
11.30 am — 2.30 pm
2.00 - 4.00 pm
5.00–7.00 pm
7.30–9.00 pm

Activity

Arrival guests & Registration
Lunch*, Meet & Greet & Relax
Pre-yoga sessions
Opening Ceremony with yoga on the beach
Dinner available at Shela Bazaar*

Venue

Shela Bazaar
Shela Bazaar
Shela Bazaar
Shela Beach
Shela Bazaar

Thursday 6th of October

Time

6.30–7.30 am
6.45–7.30 am
8.15–11.30 am
11.30–2.30 pm
2.30–6.00 pm
3.00-4.30 pm
5.00–6.30 pm
7.30–9.30 pm

Activity

Early Bird Yoga
Pranayama & Meditation
YOGA & Workshops
Lunch*, Meet & Greet & Relax
YOGA & Workshops
Mangrove dhow & Swim**
Dune walk & Meditation
Swahili Diner (ticket A)***

Venue

Shela Beach
Different Venues
Different Venues
Shela Bazaar
Different venues
Bahari Jetty
Shela Dunes
Shela Bazaar

Friday 7th of October

Time

6.30–7.30 am
6.45–7.30 am
8.15–11.30 am
8.45am-4.45pm
9.30am-4.45pm
11.30–2.30 pm
2.30–6.00 pm
3.00 – 5.00pm
8.00–9.30 pm

Activity

Early Bird Yoga
Pranayama & Meditation
YOGA & Workshops
YOGA DAY** in Lamu World Heritage
YOGA DAY** in Kipungani
Lunch*, Meet & Greet & Relax
YOGA & Workshops
Mangrove Dhow & Swim**
Dance, Satsang, Sound healing

Venue

Shela Beach
Different Venues
Different Venues
Lamu (3 classes in historical houses, lunch, swim)
Kipungani (2 classes, lunch, swim, speedboat)
Shela Bazaar
Different Venues
Bahari Jetty
Different Venues

Saturday 8th of October

Time

6.30–7.30 am

Activity

Early Bird Yoga

Venue

Shela Beach

6.45–7.30 am
8.15–11.30 am
8.45am-4.45pm
9.30am-4.45pm
11.30–2.30 pm
2.30–5.00 pm
5.15–7.00 pm
7.00 – 8.30pm

Pranayama & Meditation
YOGA & Workshops
YOGA DAY** in Lamu World Heritage
YOGA DAY** in Kipungani
Lunch*, Meet & Greet & Relax
YOGA & Workshops
Sunset Dhow trip (ticket A)***
Bonfire Celebration

Different Venues
Different Venues
Lamu (3 classes in historical houses, lunch, swim)
Kipungani (2 classes, lunch, swim, speedboat)
Shela Bazaar
Different Venues
Bahari Jetty
On Manda Beach

Sunday 9th of October

Time

6.30–7.30 am
8.15–12.00 noon
12.00–2.30 pm
2.30–6.00 pm

Activity

Early Bird Yoga
YOGA
Lunch*, Meet & Greet & Relax
YOGA

Venue

Shela Beach
Different venues
Shela Bazaar
Different venues

Note:

* = at own costs

** = register & pay extra

***= incl in ticket A