

## Daily Program Bhakti Yoga Health retreat

06:00 – 06:30	Morning Arati program
06:30 – 07:30	Srimad Bhagavatam class
07:45 – 09:00	Gymnastic Yoga and Breathing exercises
09:00 – 09:30	Breakfast
10:00 – 11:30	Vita Rama health lectures: <ul style="list-style-type: none"> <li>• Health nutrition and lifestyle</li> <li>• Culinary workshops</li> <li>• Physical activities</li> <li>• Mind control and stress management</li> </ul>
12:00 – 13:00	Lunch
13:00 – 14:00	Afternoon rest / Free time
14:00 – 16:30	Beach time at Irakli / Free time
17:00 – 18:00	Guided walks in the beautiful Emona nature
18:00 – 19:00	Dinner
19:30 – 20:15	Holy Name katha
20:15 – 21:45	Kirtan mantra meditation