

Yogcology ~ Farm Project

Sample weekend at Mangrove



Friday

- 6.00pm Dinner & clean up
- 7.15pm Evening program
Kirtan (Music & mantra)

Saturday

- 5.30 Morning yoga class
- 7.00 Breakfast
- 7.30 Leave for farm
- 9-10.30 Yogcology projects
- 10.30 Morning tea
- 11.00 Yogcology projects
- 12.30 Vegetarian Lunch
- 1.30 Yogcology projects
- 3.00 Afternoon Tea
- 3.30 Yogcology projects
- 5.00 Return to Ashram
- 5.30 Healing Mantra & Havan
- 6.00 Dinner
- 7.15 Kirtan for everyone

Sunday

- 5.30am Morning yoga class
- 7.00 Breakfast
- 7.30 Leave for farm
- 9-10.30 Yogcology projects
- 10.30 Morning tea
- 11.00 Yogcology projects
- 12.30 Vegetarian Lunch
- 1.30 Yogcology projects
- 3.00 Afternoon Tea
and conclusion

Program is subject to change depending on weather and group numbers.