



TASTE AND SEE: A YOGIC FEAST OF THE SENSES IN BURGUNDY, FRANCE: SEPTEMBER

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Morning Yoga All Levels	Morning Yoga All Levels	Morning Yoga All Levels	Morning Yoga All Levels (7:30)	Breakfast	Morning Yoga All Levels (7:30)	Morning Yoga All Levels
9:30 am		Breakfast	Breakfast	Breakfast	Breakfast (8:30)	Optional: All day bike tour (26K) and wine tasting. (Includes lunch.)  	Breakfast (8:30)	Breakfast
10:30 am		Optional: Depart for <a href="#">Tournus Abbeye</a> , Lunch at <a href="#">Aux Terrasses</a> Visit <a href="#">Village of Brancion</a>	French Cooking Class/  Lunch included	Free Time: Go for a bike ride, visit a local village, get a massage or just relax!  <b>Massage Therapist Available</b>	<a href="#">Market day Beaune</a>		Market day <a href="#">Chalon Sur Saone</a>  <b>Massage Therapist Available</b>	<b>Depart for Beaune Train Station</b>
1pm				Lunch	Lunch		Lunch	
	<b>Pick up at <a href="#">Beaune Train Station</a> 4pm</b>			Free Time	Free Time	Free time		
5pm	Settle in! Unpack and Relax	Gentle Yoga and Meditation	Restorative Yoga	Yin Yoga	<b>Hot Air Balloon Ride</b>  	Gentle Yoga and Meditation	<b>Closing Circle</b>	
6pm	<b>Welcome Circle</b>							
8pm	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell Dinner	