



DIGESTIVE HARMONY: Calm Mind & Healthy Digestion

with Master Zhen Hua Yang
24–31 May, 2025
in Italy at Yoga in Salento

Retreat Schedule

Saturday, 24 May

- from 2 pm** Arrival at Agricola Samadhi. Check-in and accommodation in the rooms.
- 7.00 pm** Vegetarian dinner made with delicious organic vegetables
“from our garden to your plate”

Sunday, 25 May – Thursday, 29 May

- 8.00 – 11.00 am** Morning Practice with Master Yang
- 11.00 am** Vegetarian brunch made with organic produce
- 4.00 – 7.00 pm** Afternoon Practice with Master Yang
- 7.30 pm** Vegetarian dinner made with delicious organic vegetables
“from our garden to your plate”

Friday, 30 May

- 8.00 – 11.00 am** Morning Practice with Master Yang
- 11.00 am** Vegetarian brunch made with organic produce
- 4.00 – 7.00 pm** Afternoon Practice with Master Yang
- 7.30 pm** Vegetarian dinner made with delicious organic vegetables
“from our garden to your plate”
- 9.00 – 10.30 pm** Party night with music

Saturday, 31 May

- 7.00 – 9.00 am** Morning Practice with Master Yang
- 8.00 – 10.00 am** Breakfast with homemade cakes, seasonal fruit, homemade jams
and other organic produce
- 10.00 am** Check-out. However, you can leave your luggage in the reception
and stay for the day