



CALLIGRAPHY ELBOW
with Master Zhen Hua Yang
27 June – 4 July, 2026
in Italy at Yoga in Salento

Retreat Schedule

Saturday, 27 June

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

Sunday, 28 June – Thursday, 2 July

- 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, 3 July

- 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** A party night with music can be arranged upon request

Saturday, 4 July

- 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