

## Retreat Schedule

---

### Sunday 10th September

- Arrival, Enrolment, Room allocation
- 5pm Introduction to the location
- 6pm light supper
- 8.30 Group introduction and meeting

---

### Monday 11th September

- 6.30 Meditation
- 7 - 8.30 Awakening Yoga
- 8.30 - 9.30 Breakfast
- 9.30 - 10.30 Break
- 10.30 - 12.30 Group Raw Food Class
- 12.30pm- 1.30 Lunch
- Break and Thai Massages
- 5pm-6.30pm Energising Yoga
- 7 - 8 Dinner
- 8.30 - 9.30 Group evening program
- 9.30 - 10 meditation

---

### Tuesday 12th September

- 6.30 Meditation
- 7 - 8.30 Awakening Yoga
- 8.30 - 9.30 Breakfast
- 9.30 - 10.30 Break
- 10.30 - 12.30 Group Raw Food Class
- 12.30pm- 1.30 Lunch
- Break and Thai Massages
- 5pm-6.30pm Energising Yoga
- 7 - 8 Dinner
- 8.30 - 9.30 Group evening program
- 9.30 - 10 meditation

---

### Wednesday 13th September

- 6.30 Meditation
- 7 - 8.30 Awakening Yoga
- 8.30 - 9.30 Breakfast
- 9.30 - 10.30 Break
- 10.30 - 12.30 Group Raw Food Class
- 12.30pm- 1.30 Lunch
- Break and Thai Massages
- 5pm-6.30pm Energising Yoga
- 7 - 8 Dinner
- 8.30 - 9.30 Group evening program
- 9.30 - 10 meditation

---

### Thursday 14th September

- 6.30 Meditation
- 7 - 8.30 Awakening Yoga
- 8.30 - 9.30 Breakfast
- 9.30 - 10.30 Break
- 10.30 - 12.30 Group Raw Food Class
- 12.30pm- 1.30 Lunch
- Break and Thai Massages
- 5pm-6.30pm Energising Yoga
- 7 - 8 Dinner
- 8.30 - 9.30 Group evening program
- 9.30 - 10 meditation

---

### Friday 15th September

- 6.30 Meditation
- 7 - 8.30 Awakening Yoga
- 8.30 - 9.30 Breakfast
- 9.30 - 10.30 Break
- 10.30 - 12.30 Group Raw Food Class
- 12.30pm- 1.30 Lunch
- Break and Thai Massages
- 5pm-6.30pm Energising Yoga
- 7 - 8 Dinner
- 8.30 - 9.30 Group evening program
- 9.30 - 10 meditation

---

### Saturday 16th September

- 6.30 Meditation
- 7-8am Back up and pack
- 8.30 - 9.30 Breakfast
- 9.30 - 11.00 Leave