



### Timetable

Sunday, 6 Dec	2:00pm-3.00pm	Check in and retreat registration
	4:00pm	First Session
	6:00pm	Dinner – Self-cater or eat out
Monday, 7 Dec	7:00am–8:30am	Morning Session Pranayama, music and meditation
	8:45am–9:15am	Exercise
	9:30am	Breakfast
	11:15am-	Silent time/meditation
	1:45pm	
	2:00pm	Lunch
	2:30pm–5:30pm	Siesta/excursion/socialising/spa time
	6:00pm–7:30pm	Evening Session
	7:30 pm	Dinner – Self-cater or eat out
Tuesday, 8 Dec	7:00am–8:30am	Morning Session Pranayama, music and meditation
	8:45am–9:15am	Exercise
	9:30 am	Breakfast
	11:15am-	Silent time/meditation
	1:45pm	
	2:00pm	Lunch
	2:30pm–5:30pm	Siesta/excursion/socialising/spa time
	6:00pm–7:30pm	Evening Session
	7:30 pm	Dinner – Self-cater or eat out



Wed, 9 Dec	7:00am–8:30am	Morning Session Pranayama, music and meditation
	8:45am–9:15am	Exercise
	9:30 am	Breakfast
	11:15am–	Silent time/meditation
	1:45pm	
	2:00 pm	Lunch
	2:30pm–5:30pm	Siesta/excursion/socialising/spa time
	6:00pm–7:30pm	Evening Session
	7:30 pm	Dinner – Self-cater or eat out

Thurs, 10 Dec	7:00am–8:30am	Morning Session Pranayama, music and meditation
	8:45am–9:15am	Exercise
	9:30 am	Breakfast
	11:15am–	Silent time/meditation
	1:45pm	
	2:00pm	Lunch
	2:30pm–5:30pm	Siesta/excursion/socialising/spa time
	6.00pm–7:30pm	Evening Session
	7:30pm	Dinner – Self-cater or eat out

Friday, 11 Dec	7:00am	Morning Session
	8:30am	Pack/Check Out
	9:30am	Breakfast
	10:00am	Check out