

Time	Friday	Saturday	Sunday
7.30 -8.30		Morning earthing yoga	Morning Yoga 3 planets (earth, sun moon)
9.00 - 9.45		Breakfast in Silence	Breakfast in Silence
10.00-11.00		Introduction to Mindfulness meditation Labyrinth walk	Surprise - yet to be decided Subtle energy/chakras?
11.00 -1200		Morning tea and free time	Morning tea, discussion and free time
12.00 -12.30		Yoga Nidra	Yoga Nidra
13.00 -14.00		Lunch	Lunch
14.00 -till done		Bush Tucker walk, talk and recipes	Closing ceremony with Kirtan
17.00-18.30	Arrival	Yin Yoga	
19.00-20.00	Dinner	Dinner	
20.15 -	Introduction Fire Ceremony Celebrating personal Transformation with sankalpa, mantra	Earth Dance followed by Sound Healing	

