

# General Timetable For Weekend Programs

## Friday

5.30am	Havan and Mantra chanting
6.30	Dinner
7.30	Evening Program & Introduction

## Saturday

5.30am	Morning Yoga Class & Mantra Chanting
7.15	Breakfast
7.45 – 8.15	Karma Yoga – mindfulness in action Personal time for a morning walk
9.30	Yoga Philosophy & Practices
11.00	Morning Tea
11.30	Yoga Nidra – deep guided relaxation
12,00	Lunch
1.00pm	Bookshop is open
2.00	Afternoon Tea
3.30	Asana Class
5.30	Havan (physical fire ceremony with healing mantra chanting for peace and wellbeing for humanity and the environment)
6.30	Dinner
7.30	Evening Program of Kirtan & Satsang

## Sunday

5.30am	Morning Yoga Class & Mantra Chanting
7.15	Breakfast
7.45 – 8.15	Karma Yoga – mindfulness in action Personal time for a morning walk
9.30	Yoga Philosophy & Practices
11.00	Morning Tea
11.30	Yoga Nidra – deep guided relaxation
12,00	Lunch
1.00pm	Bookshop is open

Hari Om

Thank you for attending the weekend retreat