

Timetable - Reconnect Retreat Sep 2022

Day	Time	Karma Space - (Dining Space)	Muladhara - Root Centre (Outdoor space)	Anahat - Heart Centre (Indoor Hall)	Sahasrar - Crown Centre (Forest) meet at the Anahat Space	
Friday 23rd Sep	10:00 am					
	11:00 am	Arrival into the Space, sign in and set up tents and bedding				
	12:00 pm		Opening Ceremony + Cacao Ceremony			
	1:00 pm	Lunch				
	2:00 pm			2:00 pm - 3:30 pm Owning your Wounds - Claiming your Power Interactive Workshop		
	3:00 pm					
	4:00 pm			4:00 pm - 5:15 pm Sri Sri Yoga with Rashi. A holistic session of Asanas, Pranayamas & Dhyana for energizing and integrating mind, body and spirit		
	5:00 pm					
	6:00 pm			5:30 pm - 7:00 pm Expressive and Explorative Movement Workshop with Bel & Christina		
	7:00 pm	Dinner				
	8:00 pm			8:00 pm - 9:30 pm Sound Journey with Agni		
9:00 pm						
10:00 pm						
Saturday 24th Sep	6:00 am					
	7:00 am			7 am - 8 am Yoga with Cristina - Morning Asana and Pranayama practice		
	8:00 am	Breakfast				
	9:00 am				9:30 am - 10 am Mindfulness Practice with Cristina - 5 Senses Walking Meditation in the woods	
	10:00 am			10:30 am - 12:00 pm Sri Sri Yoga with Rashi. A rejuvenating session of traditional Suryanamaskars, Pranayamas & followed by Dhyana (Deep rest & relaxation)		
	11:00 am					
	12:00 pm					
	1:00 pm	Lunch				
	2:00 pm			2:30 pm - 4:00pm Living in divine alignment with your Truth & Purpose Interactive Workshop	2:00 pm - 4:00 pm Womens Creative Body Painting & Adornment Circle with Christina & Bel	
	3:00 pm					
	4:00 pm			4:15 pm - 5 pm Mindfulness Practice with Cristina - Gentle movement (10/15 min) followed by a seated practice of R.A.I.N. technique to process thoughts and to accept emotions and the way things are, completed by an optional free expression through movement (Latihan) - You're welcome to bring pen and notepad		
5:00 pm		5:00 pm - 6:30 pm Spring Self-Love and Connection Circle ~ an invitation and opportunity to rinse, ground and reconnect with Jale (please BYO yoga mats)	5:30 pm - 6:30 pm Sri Sri Yoga with Rashi. A holistic session of Traditional Asanas, Pranayamas & Dhyana for rejuvenation & relaxation.			
6:00 pm						
7:00 pm	Dinner					
8:00 pm			8:00 pm - 9:30 pm Sound Journey with Agni			
9:00 pm						
10:00 pm						
Sunday 25th Sep	6:00 am					
	7:00 am			7:15 am - 8 am Mindfulness Practice with Cristina - M.A.G.I.C. to approach the day from a mindset, heartset and a bodyset that allows us to feel and embody our core values - You're welcome to bring pen and notepad		
	8:00 am	Breakfast + talk on what to take away and practice after the retreat				
	9:00 am	Karma Yoga - Pickup & clean up 9:30 am - 1:00 pm				
	10:00 am					
	11:00 am					
	12:00 pm					
	1:00 pm		1:00 pm - 3:30 pm Closing ceremony + Yoga Party + Group photo :)			
2:30 pm						
4:00 pm	Departure					