

New Year Retreat Schedule	Wednesday 28th Dec	Thursday 29th Dec	Friday 30th Dec	Saturday 31st Dec	Sunday 1st Jan	Monday 2nd Jan	Tuesday 3rd Dec
6:00-6:30	Check-In 12 noon	<i>Optional Sunrise Meditation</i>	<i>Optional Sunrise Meditation</i>	<i>Optional Sunrise Meditation</i>	<i>Optional Sunrise Meditation</i>	<i>Optional Sunrise Meditation</i>	<i>Optional Sunrise Meditation</i>
6:30-7:00		<i>Optional Countryside Dog Walk</i>	<i>Optional Countryside Dog Walk</i>	<i>Optional Countryside Dog Walk</i>	<i>Optional Countryside Dog Walk</i>	<i>Optional Countryside Dog Walk</i>	<i>Optional Countryside Dog Walk</i>
8:00-9:30		<i>Hatha/Vinyasa Yoga & Pranayama Meditation</i>	<i>Hatha/Vinyasa Yoga & Pranayama Meditation</i>	<i>Hatha/Vinyasa Yoga & Pranayama Meditation</i>	<i>Optional Silent Self Practice</i>	<i>Hatha/Vinyasa Yoga & Pranayama Meditation</i>	<i>Hatha/Vinyasa Yoga & Pranayama Meditation</i>
9:30		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
10:30-11:00		<i>Silent Gratitude Practice</i>	<i>Silent Gratitude Practice</i>	<i>Silent Gratitude Practice</i>	<i>Silent Gratitude Practice</i>	<i>10:30 Pepper Farm Trip</i>	Check-Out 12noon
12:30-1:30		<i>8 Limbs Discussion</i>	<i>Ayurveda Discussion</i>	<i>Chakra Discussion</i>	<i>Ego Shower</i>		
1:30		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	
5:00-6:30	<i>Yin Yoga & Singing Bowl Meditation</i>	<i>Hatha Yoga & Singing Bowl Meditation</i>	<i>FlyHighYoga™ & Singing Bowl Meditation</i>	<i>Fire Ceremony, 5 Tibetan Rites & Yoga Nidra</i>	<i>Yin Yoga & Breaking Silence Ceremony</i>	<i>FlyHighYoga™ & Singing Bowl Meditation</i>	
6:30	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	
8:00	<i>Free Time/Take Rest</i>	<i>Free Time/Take Rest</i>	<i>Free Time/Take Rest</i>	<i>8-10:30 Movies 11-12 Chakra Dance into Silence</i>	<i>Free Time/Take Rest</i>	<i>Free Time/Take Rest</i>	