

28 May 2020 – 1 Jun 2020

Thursday 28 May	Friday 29 May	Saturday 30 May	Sunday 31 May	Monday 1 Jun
	6.30 - 7.30am Meditation Satsang	6.30 - 7.30am Meditation Satsang	6.30 - 7.30am Meditation Satsang	6.15 - 7.15am Meditation Satsang
	7.30am Tea	7.30am Tea	7.30am Tea	7.15am Pack up and Tea
	8.00 - 10am Asana class	8.00 - 10am Asana class	8.00 - 10am Asana class	7.45 – 9.45am Asana class
	10.15 - 11.15am Brunch & Karma Yoga	10.15 - 11.15am Brunch & Karma Yoga	10.15 - 11.15am Brunch & Karma Yoga	10.00-11.00am Brunch
	12.00 – 1.30pm Yoga & Ayurvedic Lecture	12.00 – 1.30pm Yoga & Ayurvedic Lecture	12.00 – 1.30pm Yoga & Ayurvedic Lecture	11.00 Closing session
1.30-2.00pm Arrive and settle 2.15pm-3.00pm Introductory talk	1.30- 3.30pm Options: Workshops/ Walks/Rest	1.30- 3.30pm Options: Workshops/ Walks/Rest	1.30- 3.30pm Options: Workshops/ Walks/Rest	12noon Depart
3.00pm Afternoon Tea	3.30pm Afternoon Tea	3.30pm Afternoon Tea	3.30pm Afternoon Tea	
4 - 6.00pm Asana class	4 - 6.00pm Asana class	4 - 6.00pm Asana class	4 - 6.00pm Asana class	
6.15 - 6.45pm Dinner	6.15 - 6.45pm Dinner	6.15 - 6.45pm Dinner	6.15 - 6.45pm Dinner	
7.15 – 8.30pm Satsang/Reflection/ Yoga Nidra	7.15 – 8.30pm Satsang/Reflection/ Yoga Nidra	7.15 – 8.30pm Flower Ritual	7.15 – 8.30pm Satsang/Reflection/ Yoga Nidra	
9.00pm Lights out	9.00pm Lights out	9.00pm Lights out	9.00pm Lights out	

The timetable is correct at time of writing but is subject to change.

Asana Classes: The physical yoga postures as directed by the teacher. These classes include relaxation and pranayama (breathing practices). Lead by Vandana Sivaranjini and Samantha Ford

Workshops: Afternoon workshop will be on Yogic and Ayurvedic Philosophies for Wellness, led by Vandana Sivaranjini

Satsang: Group meditation, chanting and teachings led by Vandana Sivaranjini & Samantha Ford

Karma Yoga: Your opportunity to practice selfless service for the benefit of all. Tasks will be allocated e.g. after meal clean-up.