

Sample Weekend Program

All activities are optional

Please note: this is only a sample program the order may vary between weekends as well as the menu

Tea, coffee, water available at all times

Friday			
Arrival from 7.30pm	Supper		Tea & cake
8pm	Welcome ceremony		Informal chat
9.00pm	Yoga relaxation & meditation		An introduction to Yoga Emphasis on relaxation
Saturday			
8.00-9.30am	Yoga stretch & meditation		Meditative movement (bend and stretch) with relaxation and meditation
9.30-10.30	Breakfast		
10.30-12.30	Guided nature walk		Conservation Hill (short or long walk [2 stages]) and visit to the cafe or free time
12.30-1.30	Lunch		
1.30-2.00	Relaxation		
2.00 – 3.30	Afternoon tea & Happiness Workshop		The philosophy of happiness, stress management and understanding joy
3.30 – 5.00	Free time		Optional relaxation CD or shared readings
5.00-6.30	Yoga		Longer postures including relaxation

6.30-7.00	Free time		
7.00-8.15	Dinner		
8.15-8.30	Break		
8.30-9.30	Yoga & meditation		Gentle class – self massage and/or relaxation
9.30 onwards	Free time		
Sunday			
8.00-9.00am	Yoga		
9.00-10.00	Breakfast		
10.00-11.00	Free time		(packing time)
11.00-12.15	Yoga		Restorative practice & deep relaxation Discussion on the two CCs – choice and change
12.15-12.30	Closing ceremony		
12.30-2pm	Lunch		
2pm	Close		Goodbyes