

Heart of Yoga Retreat

Wednesday June 28th – Friday June 30th

Wednesday

2:00pm	Check in
4:00pm – 6:00pm	Welcome Circle
6:30pm	Welcome Dinner
8:00pm	Sound Workshop

Thursday

7:00am	Yoga Class
8:00am	Breakfast
9:00am	Free time
10:00am	'Mind Body Connection' Workshop
11:00am	Free time
12:30pm	Lunch
1:00pm	Free time
4:00pm	Yoga Class & 'The Science of Heart Connection' Workshop
6:30pm	Dinner
8:00pm	Meditation, Podcast & Discussion

Friday

7:00am	Yoga Class / Communal Personal Practice
8:00am	Breakfast
9:30am	'How to practically live a heart-connected life'
12:30pm	Lunch
From 1:00pm	Departure

Note: Your complimentary 55 minute relaxation massage will be scheduled during free time

Other free time activities can include: Additional treatments / Bike riding / Walk around the billabong / Reading library