

# MINDFULNESS & MEDITATION RETREAT



## DAY 1

*Tuesday, January 29th, 2pm-8:30pm*



- 2:00pm** Check in
- 3:00pm** Welcome session & afternoon tea
- 3:30pm** Workshop: Getting to know your mind.
- 4:30pm** Free time & opportunity to relax
- 6:30pm** Dinner
- 7:30pm** Workshop: Exploring spirit & awareness followed by guided meditation

## DAY 2

*Wednesday, January 30th, 6:30am-8pm*



- 6:30am** Yoga
- 8:00am** Breakfast
- 9:00am** Free time & morning tea
- 10:30am** Workshop: What is mindfulness?
- 12:00pm** Lunch
- 1:00pm** Workshop: Learn tools for daily practice
- 2:30pm** Free time & afternoon tea
- 5:00pm** Dinner
- 6:00pm** Free time
- 7:15pm** Yoga & Meditation



## DAY 3

*Thursday, January 31st, 6:30am-2pm*



- 6:30am** Yoga
- 8:00am** Breakfast
- 9:00am** Free time & morning tea
- 11:00am** Workshop: Meditation
- 12:30pm** Farewell lunch
- 1:30pm** Check out

