



Namaste
Phuket Retreat
22-29 Apr 2016

Date	Time	Event
22 Apr	9pm	Opening circle and setting intention
23 Apr	7am 8:30am 5:30pm	Yoga for grounding breathing to heal the elimination system + meditation Talk on how to train and quieten the mind
24 Apr	7am 8:30am 5:30pm	Yoga to awaken the creative energy breathing to heal the circulatory system + meditation Restorative Yoga
25 Apr	7am 8:30am 5:30pm	Yoga to create power and strength breathing to heal the digestive system + meditation Talk on making the choice to be happy
26 Apr	7am 8:30am 5:30pm	Yoga to heal the heart breathing to heal the respiratory system + meditation Using sound to heal
27 Apr	7am 8:30am 5:30pm	Yoga to find our true identity Breathing to heal the nervous system + meditation Talk on how to live in loving kindness
28 Apr	7am 8:30am 5:30pm 7pm	Yoga to awaken wisdom and divinity meditation Yoga Nidra - Guided laying down meditation Closing circle
29 Apr	12pm	Goodbyes and check out!