

Meditation Weekend Retreat

Schedule

Friday:

- 4pm Arrival – Explore, relax and settle in
- 6pm Welcome and Introduction**
- 7pm Short break
- 7.15 Teaching & Practice (Getting to know the body)**
- 8pm Evening Yoga Nidra

Saturday:

- 6am Meditation Practice (Silent)
- 7am Yoga
- 8am Breakfast
- 9.30 Teaching (Understanding mindfulness)**
- 10.30 Morning tea / Questions
- 10.45 Teaching (Understanding attention)**
- 12.00 Walking meditation
- 1.00 Lunch
- 3.00 Teaching (Mindfulness of distractions)**
- 4.00 Afternoon tea and discussion
- 4.30 Yoga
- 5.00 Alignment exercise (NLP)**
- 5.30 Break
- 6pm Dinner
- 7.30 Teaching (Compassion & Chanting)**
- 8.15 Optional Movie (The Connection)

Sunday:

- 6am Meditation Practice (Silent)
- 7am Yoga
- 8am Breakfast
- 9.30 Teaching (Stages of meditation)**
- 10.45 Morning tea and Discussion group
- 11.15 Walking meditation
- 12.00 Lunch
- 1.00 Teaching (Wisdom and the 3 Paths)**
- 2.00 Yoga or group walk
- 2.45 Diamond Dedication
- 3.00 Goodbyes and close