

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)**
- 11.30 Walking meditation
- 12.15 Lunch
- 2.00 Lunch
- 2.15 Teaching (Mindfulness of distractions)**
- 3.30 Afternoon tea
- 4 pm Yoga
- 4.30 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)**
- 10.30 Discussion group
- 11 am Morning tea
- 11.15 Walking meditation
- 12noon Lunch
- 1.30 Teaching (Wisdom and the 3 Paths)**
- 2.30 Yoga or group walk
- 3.00 Diamond Dedication
- 3.30 Goodbyes and close