*** Timetable Summer Retreat 2019 ***

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast	8:00 - 10:00 Breakfast
	I0:00 - I1:00 Talk + Questions and Answers	10:00 - 11:00 Talk + Questions and Answers	10:00 - 11:00 Talk + Questions and Answers	I0:00 - I1:00 Talk + Questions and Answers	10:00 - 11:00 Talk + Questions and Answers	10:00 - 11:00 Talk + Questions and Answers	10:00 - 11:30 Final Talk
	II:30 - 13:00 Group check in + Chakra Breathing Meditation	11:30 - 13:00 Group check in + Chakra Breathing Meditation	11:30 - 13:00 Group check in + Chakra Breathing Meditation	I1:30 - I3:00 Group check in + Chakra Breathing Meditation	11:30 - 13:00 Group check in + Chakra Breathing Meditation	I1:30 - 13:00 Group check in + Chakra Breathing Meditation	
	13:00 - 14:30 Lunch						
5:00 Arrive, relax, unpack							
	16:30 - 17:30 Guided Meditation						
18:00-20:00 Dinner	17:45 - 19:15 Talk + Questions and Answers	17:45 - 19:15 Talk + Questions and Answers					
20:00 Introduction	19:15 Dinner						