

THE JOURNEY OF LIGHT

Please note that the schedule provided is for informational purposes only and may be subject to change depending on group dynamics and other conditions, such as weather.

SAMPLE SCHEDULE

Friday 6th of September: Arrival day

15.00 - 16.30 Arrival + check in

16.30 - 17.30 Welcome meeting group

17.30 - 18.00 Tea break

18.00 - 18.45 Yoga

19.00 - 20.30 Dinner

20.30 - 21.15 Meditation

Saturday 7th - Awakening the senses (through nature)

07.00 - 07.45 Guided Meditation

07.45 - 8.05 Cold water Dip & Breath work *optional

08.15 - 09.00 Revitalising Morning Yoga

09.00 - 10.00 Breakfast

10.00 - 13.00 Dyad Self Enquiry: "WHAT IS ALIVE IN ME?"

13.00 - 14.00 Lunch

14.00 - 15.00 Free time & rest

15.00 - 16.30 Mindful walk

16.30 - 17.00 Tea break

17.00 - 18.00 Yoga

18.00 - 19.00 Free time & rest

19.00 - 20.30 Dinner

20.30 - 21.15 Guided Mediation

Sunday 8th - 'Into the Full Light'

- 07.00 - 07.45 Guided Meditation
 - 07.45 - 8.05 Cold water Dip & Breath work *optional
 - 08.15 - 09.00 Revitalising Morning Yoga
 - 09.00 - 10.00 Breakfast
 - 10.00 - 14.00 Foraging + Lunch
 - 14.00 - 15.00 Free time & rest
 - 15.00 - 16.30 Self Enquiry: WHO AM I FULFILLED?
 - 16.30-17.00 Tea break
 - 17.00 - 18.00 Yin Yoga
 - 18.00 - 19.00 Free time & rest
 - 19.00 - 20.30 Dinner
 - 20.30 - 21.15 Guided Meditation
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Monday 9th - Mindful in the Realm of Night

- 07.00 - 7.45 Guided Meditation
- 07.45 - 8.05 Cold water Dip & Breath work *optional
- 08.15 - 09.00 Revitalising Morning Yoga
- 09.00 - 10.00 Breakfast
- 10.00 - 12.00 Zen Self Enquiry: WHO AM I ESSENTIALLY?
- 12.00 - 13.00 Free time & rest, journalling etc.
- 13.00 - 14.00 Lunch
- 14.00 - 15.30 Free time & rest, walk, journalling
- 15.30 - 16.30 Sharing circle
- 16.30 - 17.00 Tea Break

17.00 - 18.00 Yoga (Yin or Yang)

18.00 - 19.00 Free time & rest

19.00 - 20.30 Dinner

20.30 onwards

Night walking guided meditation

Bonfire Ceremony & Stargazing

Tuesday 10th Departure

Check out of room by 10am

07.00 - 07.45 Guided Meditation

07.45 - 8.05 Cold water Dip & Breath work *optional

08.15 - 08.45 Morning Yoga Stretch (30mins)

09.00 - 10.00 Breakfast (***and check out of room***)

10.00-11.30 Closing circle

11.30 Departure