



The Joyful Buddhas

MANA RETREAT Itinerary 16th- 20th April 2018

MONDAY 16th April

2.00pm	Welcome Arrival and Orientation of Centre.
4.00pm	Refreshments
4.30 - 5.45pm	Opening Circle, Intention Setting, Meditation
6.00pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

TUESDAY 17th April

6.30 - 7am	Pranayama, Meditation & Journal Writing
7 - 8.15am	Yoga
8.30am	Breakfast
10 - 10.45am	Meditation (in Sanctuary 20min walk)
10.45am - 1pm	FREE TIME i.e. Energy healing sessions, massage, bush walks, sauna, read, relax, rest.
1pm	Lunch
2 - 4pm	FREE TIME i.e. Energy healing sessions, massage, bush walks, sauna, read, relax, rest.
4 - 5.30pm	Yoga Workshop
6pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

WEDNESDAY 18th April

6.30 - 7am	Pranayama, Meditation & Journal Writing
7 - 8.15am	Yoga
8.30 - 9.30am	Breakfast
9.30am - 1pm	FREE TIME optional group outing to Cathedral Cove
1pm	Lunch
2.30 - 3.15pm	Meditation in Sanctuary (20min walk)
4 - 5.30pm	Yoga Workshop
6pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

THURSDAY 19th April

6.30 - 7am	Pranayama, Meditation & Journal Writing
7 - 8.15am	Yoga
8.30 - 9.30	Breakfast
9.30 - 1pm	FREE TIME optional sightseeing outing
1pm	Lunch
2.30 - 3.15pm	Meditation in Sanctuary (20min walk)
4 - 5.30pm	Yoga Workshop
6pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

FRIDAY 20th April

6.30 - 7am	Pranayama, Meditation & Journal Writing
7 - 8.15am	Yoga
8.30 - 9.30am	Breakfast
9.30 - 10.45am	Pack to depart
11am - 12.45pm	Restorative Yoga, Meditation & Closing Circle
1pm	Lunch
2pm	Depart