

The Joyful Path

Yoga and Self Care

Cambodia Retreat Itinerary 12th - 17th July, 2019

Day 1 July 12th

2.00pm	Welcome Arrival and Orientation of Centre by hosts
3.00pm	Refreshments
4.00 - 4.45pm	Opening Circle, intention setting
5.00 - 5.45pm	Meditation with Monk
6.00pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

Day 2 July 13th

6.30 - 8.30	Meditation, Journal Writing, Pranayama & Yoga
8.30am	Breakfast
10- 11am	Meditation with Monk
11 - 1pm	FREE TIME ie: Energy healing sessions, walks, biking, swim, read, relax
1pm	Lunch
2 - 4pm	FREE TIME ie: Optional Group Outing (Hanchey Temple & Meditation)
4 - 5.30pm	Workshop with Julie and Bronwyn
6pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

Day 3 July 14th

6.30 - 8.30am	Meditation, Journal Writing, Pranayama & Yoga
8.30 - 9.30am	Breakfast
10 - 11	Meditation with Monk
11 - 1pm	FREE TIME optional group outing
1pm	Lunch
2 - 4	Free time
4 - 5.30pm	Workshop with Julie and Bronwyn
6pm	Dinner
7.15 - 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

continued ...

continued ... page 2 of 2

Cambodia Retreat Itinerary 12th – 17th July, 2019

Day 4 July 15th

6.30 – 8.30	Meditation, Journal Writing, Pranayama & Yoga
8.30am	Breakfast
10- 11	Meditation with Monks
10.45 – 1pm	FREE TIME ie: Outing /Organized Activity
1pm	Lunch
2 – 4pm	FREE TIME
4 – 5.30pm	Workshop with Julie and Bronwyn
6pm	Dinner
7.15 – 8.45pm	Yin Yoga
8.45pm	Silence till breakfast

Day 5 July 16th

6.30 – 8.30	Meditation, Journal Writing, Pranayama & Yoga
8.30am	Breakfast
10- 10.45am	Meditation with Monk
10.45 – 1pm	FREE TIME ie: Outing /Organized Activity,
1pm	Lunch
2 – 4pm	FREE TIME ie: Energy healing sessions, massage, read, relax, rest
4 – 5.30pm	Yin Yoga
6pm	Dinner
7.15 – 8.45pm	Free Flow Movement Ecstatic Dance and Meditation
8.45pm	Silence till breakfast

Day 6 July 17th

6.30 – 8.30am	Meditation, Journal Writing, Pranayama & Yoga
8.30 – 9.30am	Breakfast
9.30 – 10.45am	Pack to depart
11.00 – 11.30pm	Meditation with Monk
11.30 – 12pm	Closing Circle
12.30pm	Depart - lunch in Kampong Cham