



The Joyful Buddhas

CULTIVATING SPACE Itinerary 2nd-4th Nov 2018

FRIDAY 2nd November

- 5.45pm Arrive.
6 - 6.45pm Introductions, intention setting.
6.45 - 7.30pm Soup & Turmeric Latte.
7.30 - 8.45pm Yin Yoga and Meditation.
8.45pm SILENCE TILL BREAKFAST.

SATURDAY 3rd November

- 7 - 8.15am Vinyasa Flow.
8.30am Breakfast – smoothie, chia seed pudding with fruit and homemade granola, Turmeric Latte.
9.30am - 3pm FREE TIME * (*includes option of attending our regular 9.30am Yoga Class*) 1hr treatments will be scheduled from 11am.
(*Lunch not included – will suggest cafes within walking distance.*)
3pm - 4pm Dru Yoga.
4 - 5.30pm Creating space for self and alignment workshop.
(*Alignment practice, alignment with higher self meditation, journal writing.*)
5.30 - 6.45pm Dinner *Soup and Salad & Turmeric Latte.
7 - 8.30pm Yin Yoga & Meditation.
8.30pm SILENCE TILL BREAKFAST.

SUNDAY 4th November

- 7 - 8.15am Vinyasa Flow.
(*Option of attending our regular vinyasa class at 8.30am.*)
8.30 - 11am Breakfast out (Delicia voucher can be used) & free time.
11 - 12.30pm Creating take home wellbeing gifts workshop & meditation.
12.30 - 1.30pm Lunch at the studio.
1.30 - 3pm Yin Yoga, Meditation and Closing Circle.

**FREE TIME – Treatments, go for walks, hang out at the studio, relax and read.
Recommendations for walks and cafés will be offered.*

