



*Disconnect to Reconnect Retreat*

*Monday 26th August*

- 1600 Arrive and settle in, herbal tea*
- 1700 Opening Circle (arrival ritual) and housekeeping*
- 1730 Gentle Yoga Practice*
- 1830 Fire ceremony and chanting*
- 1900 Dinner (plant based)*
- 2000 Mountain Meditation*
- 2100 Mouna (maintain silence) and sleep*

*Tuesday 27th - Friday 30th August*

- 0600 Gong and rise! Herbal tea*
- 0630 Morning Meditation*
- 0700 Yoga Asana Practice*
- 0800 Yoga Nidra*
- 0930 Breakfast*
- 1030 Breathwork - pranayama*
- 1130 Walk*
- 1300 Lunch*
- 1400 Quiet/Personal Time*
- 1530 Optional Extra treatment - Reiki, Massage Treatments, Reflexology,*
- 1730 Gentle Outdoor Asana Class*
- 1830 Fire Ceremony & Chanting*
- 1900 Evening Meal*
- 2030 Meditation*
- 2100 Mouna and sleep*



*Saturday 31st August*

*0600 Gong and rise! Herbal tea*

*0630 Morning Meditation*

*0700 Yoga Asana Practice*

*0800 Yoga Nidra*

*0930 Breakfast*

*1100 Tool kit session*

*1230 Closing circle/ritual*

*1300 lunch then departure*

*The optional extra treatments on Tuesday - Friday afternoons need to be booked before arrival. This time can also be used for personal relaxation and/or study.*

*Three plant-based meals per day are included in the price and herbal tea and light snacks will be available throughout your stay.*

*We look forward to seeing you soon.*

*Love*

*Emma and Tracy*