

NEW YEAR RETREAT 2017

Awaken
Your
Authentic
Self

Kundalini Yoga Retreat, 30th December - 1st January
Ufton Court, Nr Reading, UK.

www.i-sky.net/events T: 01635 523900

AWAKENING YOUR AUTHENTIC SELF

Saturday **DEC 30**

From 4pm Arrival & Registration

From 5pm Log fire in the Great Hall

5.30 Welcome Talk

6pm Light Supper

7pm Introduction to the Retreat + Short meditation

8pm a) Release the Old Year with Kamari & Manvir (Music & Dance)

b) Gong bath relaxation

21:30 Close of Day

Sunday	DEC 31
5am	Aquarian Sadhana of Yoga Meditation and Song/Chant (optional)
8am	Breakfast
09.30	a) Light yoga b) Meditation
11.00	Break
11:30	a) Yoga b) Chakra workshop
13.00	Lunch
14.30	a) Yogic food workshop/demo b) Meditation labyrinth c) Light Yoga
16.00	Break
16.30	a) Yoga b) Yoga Breathwork c) Yoga
18.00	Supper
19.30	Intention setting ceremony
21:30	Introduction to the midnight meditation
22:00	Gong Bath & Relaxation
23:00	Crossing the Year meditation
00:15	Close of Day & New Year Toast

Monday	JAN 1
6am	Sadhana (optional)
8.30	Light Breakfast (toast & fruit)
9.30	a) Breathwalk (outside) b) Yoga c) Build Your Own Sadhana workshop
11.00	BRUNCH
12.00	Closing circle
1pm	Departure

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