

High Nature Centre – Kundalini Yoga Retreat 2017

Day 1 – Friday August 18th

DIVE IN – Arrive, Connect, Breathe

4:00pm – Welcoming circle

5:00-6:30pm – Kundalini Introduction, Theory and Praxis

7:00pm – Dinner

8:00pm – Breath Meditation

Day 2 – Saturday August 19th

DROP DEEPER – Understand, Practice

8:00-9:30am – Intro to Kundalini Yoga & Pranayama

9:30-11:30am – Breakfast/ free time

11:30-1:00pm – Talk- “All about the breath”, Kundalini Yoga Practice & Pranayama, Exploring the Bhandas

1:30pm – Lunch and free time

4:00pm – Snacks

5:00pm – Breath and Emotions

6:30pm – Dinner

8:00pm – Meditation and Sharing Group

Day 3 – Sunday August 20th

RELEASE, REBIRTH, LET GO

7:30-9:30am – Kundalini Yoga – All about the breath & Bhandas

9:00-11:00am – Breakfast and free time for shower, relaxing

11:00-12:30pm – Pranayama and Meditation

1:00pm – Lunch and free time

4:00pm – Breathwork Ceremony

6:00pm – Sharing Groups

6:30pm – Dinner

8:00pm – Q & A

8:30pm – Osho Kundalini Meditation & Dance

Day 4 – Monday August 21st

RE-SURFACE – Integrate, Feel, Share

8:00-9:30am – Kundalini Yoga and chanting

9:30-11:30am – Breakfast and free time for shower, relaxing

11:30-1:30pm – Meditation and Closing Circle

1:30pm – Lunch and goodbyes