


Yogafest Retreat November 2018

FRIDAY	Time	SATURDAY	SUNDAY													
	05:30	Wake Up - Conch <u>SILENCE (MAUNA) UNTIL BREAKFAST</u>														
	06:00	MAIN STUDIO <u>MA OM MEDITATION</u> Shradhaji				MAIN STUDIO <u>MA OM MEDITATION</u> Shradhaji										
	06:30	CHAI TEA & FRUIT														
	07:00	MAIN STUDIO <u>PRANAYAMA</u> with Bryan														
	07:45	HILL STUDIO Shradhaji Special Offer! <u>INTEGRATED MEDITATION</u>	MAIN STUDIO <u>Eugenie GENERAL</u> 8-9:45am		EAST END <u>Michelle INTERMEDIATE</u> 8-9:45am		TOWER <u>Rebecca BEGINNERS</u> 8-9:45am		MAIN STUDIO <u>Johannes GENERAL</u> 8-9:45am		HILL STUDIO <u>Michelle BEGINNERS</u> 8-9:45am		EAST END <u>Phoebe INTERMEDIATE</u> 8-9:45am		TOWER <u>Janaki EASY MOVES</u> 8-9:45am	
	08:00															
	08:30															
	09:00	<u>SILENCE (MAUNA) UNTIL BREAKFAST</u>														
	09:45	<u>SILENCE (MAUNA) UNTIL BREAKFAST</u>														
	10:00	<u>SILENCE (MAUNA) UNTIL BREAKFAST</u>														
	10:30	BREAKFAST CAFÉ OPEN														
	11:00	BREAKFAST CAFÉ OPEN														
	11:30	MAIN STUDIO <u>Johannes SHIATSU</u> CAFÉ 11:30-1 <u>Bryan YOGA SUTRAS</u>	HILL STUDIO <u>Pamela GRATITUDE RITUAL</u>	EAST END <u>Nirupa NADABRAHMA MEDITATION</u> 12-1:30PM	TOWER <u>Telford TANTRIC YOGA PHILOSOPHY</u> 12-1:30PM	COURT <u>Polly SKILL SHARING BEACH RUN & STRETCH</u>	MAIN STUDIO <u>Eugenie & Janaki GRATITUDE GIFTS & GRACE</u>	HILL STUDIO <u>Rebecca & Pamela ART THERAPY</u>	EAST END <u>Bryan ANTARAYAS: OBSTACLES TO OUR PRACTICE</u> 11:30-1PM	TOWER <u>Telford YOGA PHILOSOPHY</u> 12-1:30PM	COURT <u>Nirupa NATARAJ DANCE MEDITATION</u> 12-1:30PM					
	12:30	LUNCH														
	13:30	LUNCH														
13:45	LUNCH															
14:00	LUNCH															
14:30	LUNCH															
15:00	MAIN STUDIO <u>SPIRITUAL TALK</u> Shradhaji				FREE TIME											
15:30	MAIN STUDIO <u>SPIRITUAL TALK</u> Shradhaji				FREE TIME											
REGISTRATION <u>GREETING, ACCOMMODATION SEVA ALLOCATION</u> Emma & Phoebe		MAIN STUDIO <u>Janaki GENERAL</u>	HILL STUDIO <u>Phoebe YOGA NIDRA</u>	EAST END <u>Johannes INTERMEDIATE</u>	TOWER <u>Bryan HEADSTAND BEGINNERS</u>	COURT <u>Nirupa KUNDALINI MEDITATION</u>	MAIN STUDIO <u>Phoebe & Rebecca RESTORATIVE NIDRA</u>	HILL STUDIO <u>Michelle GENERAL</u>	EAST END <u>Bryan HEADSTAND GENERAL</u>	TOWER <u>Nirupa KUNDALINI MEDITATION</u>	BEACH <u>Adam KITE FLYING</u>					
MAIN STUDIO <u>Janaki GENTLE YOGA</u>	HILL STUDIO <u>Johannes STRONG YOGA</u>	EAST END <u>Bryan PRANAYAMA</u>	MAIN STUDIO <u>PRANAYAMA</u> with Bryan													
DINNER		DINNER														
<u>ORIENTATION</u> Telford		MAIN STUDIO <u>PERFORMANCE NIGHT</u> Be the star that you are! Rustle up your talent and glow or be entertained as an audience				MAIN STUDIO <u>KIRTAN/CHANTING</u> Call and response accompanied with musical instruments			Lawn Adam <u>ASTRONOMY</u>							
MAIN STUDIO <u>WELCOME</u> Eugenie: 8:45PM-9PM <u>TALK ABOUT AMMA</u> Shradhaji		MAIN STUDIO <u>PERFORMANCE NIGHT</u> Be the star that you are! Rustle up your talent and glow or be entertained as an audience				MAIN STUDIO <u>KIRTAN/CHANTING</u> Call and response accompanied with musical instruments			Lawn Adam <u>ASTRONOMY</u>							
<u>AUM CHANTING</u>		MAIN STUDIO <u>PERFORMANCE NIGHT</u> Be the star that you are! Rustle up your talent and glow or be entertained as an audience				MAIN STUDIO <u>KIRTAN/CHANTING</u> Call and response accompanied with musical instruments			Lawn Adam <u>ASTRONOMY</u>							
BED TIME <u>SILENCE (MAUNA) UNTIL BREAKFAST</u>																

Yogafest Retreat November 2018

MONDAY

MAIN STUDIO MEDITATION *Jayashree*

MAIN STUDIO <i>Phoebe</i> <u>GENERAL</u> 8-9:45am	HILL STUDIO <i>Johannes</i> <u>BEGINNERS</u> 8-9:45am	EAST END <i>Michelle</i> <u>INTERMEDIATES</u> 8-9:45am	TOWER <i>Telford</i> <u>ALL LEVELS</u> <u>PHILOSOPHY</u>
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MAIN STUDIO
CLOSING CEREMONY

PACK UP & CLEAN CAMP



Melbourne Cup November 2-5

Gratitude, Gifts & Grace