

RETREAT SAMPLE SCHEDULE

-SUBJECT TO CHANGE-

FRIDAY

13TH FEB

- Havan (healing fire ceremony)
- **The Science & Spirituality of Sound**
- Learn about the benefits and science of sound for healing ourselves & others. Includes a listening meditation
- Yoga Nidra (deep relaxation practice)
- **The Secret to Healing with Sound**
- Principles of making sound, sacred singing, building & awakening the voice
- Hatha Yoga
- **The power of Sanskrit and Ancient Mantras**
- An introduction to Sanskrit & other sacred languages.
- Sound Meditation

SATURDAY

14TH FEB

- Hatha Yoga
- Mantra Meditation
- **The Four Mahavakyam. Words of Power to Transform the Subconscious Mind.**
- Mythological Stories, practical meditation techniques, forming & manifesting a vision
- **Music of the Cosmos**
- Explore the musical notes of creation & your energy centres
- **Introduction to Kirtan (devotional singing)**
- To prepare for the Akhanda Kirtan evening
- Hatha Yoga & Yoga Nidra
- **Havan Fire Ceremony & Akhanda Kirtan (6 hours)**
- Continuous chanting of mantras using rhythm & expression as an active group meditation. May lead to uncontrollable joy & dancing!

SUNDAY

15TH FEB

- Hatha Yoga
- **Creating a Vision using Sound & Meditation to Transform Your Life**
- Strengthen your vision for life through exercises to develop imagination & creative visualization. Implementing spiritual strategies to build your mental muscles so you are able hold & manifest that vision
- Questions and answers
- Closing meditation