

1-Day Retreat

Itinerary

08.00 – 09.30: Conscious Movement

Facilitator will ask questions and let the participants answer themselves by moving

09.30 – 10.00: Break

10.00 – 12.00: Breathwork

12.00 – 13.30: Break

13.30 – 14.30: Icebath

14.30 – 15.30: Kiirtan

Sing, and talk about Supreme consciousness
Chanting thru music
Baba Nam Kevalam

15.30 – 17.00: Sharing and Closing

17.00 – 18.00: Balinese Massage

What to bring:

- A swimsuit
- A towel
- A sarong to cover your yoga mat when you breathe
- A blindfold
- A bottle of water
- A Braveheart!