

Just For Today Retreat

Retreat Schedule

Friday, 8 May 2020

Time	Activity
2.00 pm	Arrival, check in and afternoon tea
2.30 pm	Settle into room
3.30 pm	Personal time
4.30 pm	Teaching: Just for today Practice: Earth ki connection, meditation and self care
6.00 pm	Dinner
7.00 pm	Teaching: Do not anger Practice: Meditation and 1st symbol mantra
8.30 pm	Personal time

Saturday, 9 May 2020

Time	Activity
6:00am	Wake up
6:30am Silence	Meditation and self care
8:00am Silence	Breakfast
8.30 am Silence	Karma Yoga
9.00 am	Teaching: Do not worry Practice: Meditation and 2nd symbol mantra
11:30pm	Cup of tea and personal time
12.30pm	Lunch and free time
2.00pm	Cup of tea and free time
3.30pm	Teaching: Be grateful for all of life's blessings Practice: Meditation

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5.30	Ashram integration - Mahamrityunjaya Chanting & Haven for peace for all beings
6.30pm	Dinner
7.30pm	Teaching: Practice diligence and be true to your way and your being Practice: Meditation

Sunday 10 May 2020

Time	Activity
6:00am	Wake up
6:30am Silence	Meditation & self care
8:00am Silence	Breakfast
8.30 am Silence	Karma Yoga
9.00 am	Teaching: Be kind to every living thing Practice: Meditation and 3rd symbol mantra
11:30pm	Cup of tea and personal time
12.30pm	Lunch
13.30 pm	Retreat summation and goodbyes