

Golden Leaves of Autumn Meditation Retreat, October 2024

	SATURDAY October 12	SUNDAY October 13	MONDAY October 14	TUESDAY October 15	WEDNESDAY October 16	THURSDAY October 17	FRIDAY October 18
		Initiation Walk set intention	Sukshma Yoga	Forest Bath	Sukshma Yoga	Meditation in movement	Sukshma Yoga
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30		<i>Wellbeing Services</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Serv.</i>
10:15- 11:30	Arrival Day	Know your Higher Self and purpose	Power of conscious breath and Tapping	Self-Inquiry: Identifying and questioning your thoughts	The 5 elements Dance Therapy	Yagna Ceremony	Drum Circle, resonant with the heartbeat of Mother Earth
11:45- 12:15	Meditation	Meditation	<i>Shrine of the Heart Meditation</i>	Meditation	<i>Parsonage Meditation</i>	Yagna Ceremony	<i>Meditation in the Source</i>
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Serv.</i>
4:00	Arrival	Balance your chakra energy, breath, move	Connect with your intention, create your Mala, choose your mantra	Art Therapy: Design your Mandala	Cacao Ceremony, an opportunity to open & nurture the heart	Aromatherapy and singing Tibetan Bowls Session	The power of the voice Kirtan concert
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15		<i>Wellbeing Services</i>	<i>Wellbeing Serv.</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Serv.</i>
7:30- 8:30	Meet and Greet	Meditation	<i>Tr. Journey (intro)</i> Meditation	Meditation	Meditation	Meditation	Dance and Meditation
8:45			<i>Transcendental Journey (comp)</i>	<i>Transcendental Journey (elective)</i>		<i>Transcendental Journey (elective)</i>	