



# Reconnect Gathering 2023

## Timetable

Saturday, 4th Nov 2023

Time	Workshop name	Facilitator	Space
10:00 am – 12:00 pm	Arrival to the gathering and settling in		All campsite
12:00 pm – 1:00 pm	Lunch		
1:00 pm – 2:00 pm	Therapeutic Soundscape with 1:00 pm- 2:00 pm	Kylie from Arkadia Soundscapes	Light temple
2:00 pm – 3:00 pm	LIVE RESONANCE MEDICINE JOURNEY	AFRIKA MYSTIKA	Light temple
3:00 pm – 5:00 pm	Embodied Wellbeing: (Music, Movement, Mindfulness)	Kamilindo	Shiva Shakti temple
3:15 pm – 4:00 pm	Mindfulness meditation	Cristina	Muldhara
4:00 pm – 6:00 pm	Dancing Freedom	Sage and Kirsty	Light temple
6:00 pm – 7:00 pm	Ethno sound healing	Kamilindo	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner		
8:00 pm – 10:00 pm	KAP - Kundalini Activation Process	Parmiss	Shiva Shakti temple
8:00 pm – 10:00 pm	Ecstatic Dance		Light temple



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## Timetable

Sunday, 5th Nov 2023

Time	Workshop name	Facilitator	Space
6:00 am – 8:00 am	Prana Yoga	Licia	Muldhara
8:00 am – 9:00 am	Breakfast		
9:00 am – 10:30 am	Forest walking meditation	Cristina	Shiva Shakti temple
11:00 am – 12:00 pm	Opening ceremony	Agni	Muldhara
12:00 pm – 1:00 pm	Lunch		
1:00 pm – 2:00 pm	Therapeutic Soundscape	Kylie from Arkadia Soundscapes	Light temple
2:15 pm – 3:45 pm	Vinyasa Hatha Flow and Yoga Nidra	Tanu	Light temple
2:00 pm – 3:00 pm	Pranyama and Yoga Nidra	Wendy	Shiva Shakti temple
4:00 pm – 5:30 pm	Live Sitar and Tabla performance	Saikat	Light temple
4:00 pm – 6:00 pm	Zen Flow	Meagan	Shiva Shakti temple
5:00 pm – 6:30 pm	Body movement, Hand stand and animal flow	Tanu	Muldhara
6:00 pm – 7:00 pm	Yoga for menopause	Licia	Wellness space (Bell tent)
7:00 pm – 8:00 pm	Dinner		
8:00 pm – 9:30 pm	The Wild woman's circle	Cristina	Shiva Shakti
8:00 pm – 10:00 pm	Ecstatic Dance		Light temple



# Reconnect Gathering 2023

## Timetable

Monday, 6th Nov 2023

Time	Workshop name	Facilitator	Space
6:00 am – 8:00 am	Hatha yoga and educational pranayama	Tanu	Light temple
8:00 am – 9:00 am	Breakfast		
9:00 am – 10:00 am	A mystical meditation journey	Phi	Muldhara
9:00 am – 10:30 am	Yin Yoga	Cristina	Shiva Shakti temple
11:00 am – 12:30 pm	Singing your true nature	Nicky	Muldhara
1:00 pm – 2:00 pm	Lunch		
2:00 pm – 3:30 pm	Non-Linear Movement for Manifestation	Cristina	Shiva Shakti temple
4:00 pm – 6:00 pm	Emotional release, hip opening and dynamic meditation	Tanu	Light temple
6:00 pm – 7:00 pm	Mens Circle	Phi	Bell tent
7:00 pm – 8:00 pm	Dinner		
8:00 pm – 10:00 pm	Essence of place	Nicky and Pete	Light temple
8:00 pm – 9:30 pm	KAP - Kundalini Activation Process	Parmiss	Shiva Shakti temple





# *Reconnect Gathering 2023*

## *Timetable*

Tuesday, 7th Nov 2023

Time	Workshop name	Facilitator	Space
6:00 am – 7:30 am	Vinyasa flow	Tanu	
8:00 am – 9:00 am	Breakfast		
9:00 am – 10:00 am	Love and peace meditation	Cristina	Muldhara
10:00 am – 11:00 am	Closing Ceremony	All	
11:00 am	Pack up and departures		