

RECONNECT

YOGA RETREAT 2026

Macedon Ranges Victoria

REST • RESET • RECONNECT



SATURDAY

31 OCT 2026

10:00 AM	Arrival into the Space, sign in and set up tents and bedding
12:00 PM	Lunch
1:01 – 2:33 PM	Mindful forest walk, reconnecting with the sacred land
3:03 – 4:04 PM	Discussion on pillars of Ashtanga practice – Yama and Niyama
4:04 – 5:05 PM	Yin Yoga – Asana practice with Cristina
5:15 – 6:33 PM	Pranayama practice with Cristina
7:00 PM	Dinner
8:33 – 10:00 PM	Kundalini Activation Process with Parmiss



SUNDAY

1 NOV 2026

6:06 AM	Rise and shine, mindful self-guided forest walk
7:07 – 8:08 AM	Discussion on pillars of Ashtanga practice – Pratyahara, Withdrawal of senses
8:00 AM	Breakfast
9:33 – 10:55 AM	Reconnect opening circle with Agni
11:11 AM – 12:44 PM	Flow Asana practice with Monique
1:00 PM	Lunch
2:02 – 4:04 PM	Arts Flow with Lachie and friends
4:00 PM	Free time
5:05 – 6:33 PM	Yin Practice with Monique
7:00 PM	Dinner
8:33 – 10:01 PM	Sound Scapes with Mickey and Agni.



MONDAY

2 NOV 2026

6:06 AM	Rise and shine • self-guided mindful forest walk and journaling
7:07 – 8:08 AM	Hatha Morning Asana Practice with Cristina
8:00 AM	Breakfast
9:09 – 10:01 AM	Dharana & Dhyana • Concentration discussion with Cristina
10:10 – 11:11 AM	Discussion on Samadhi and Nirvana in the forest with Mickey and friends
11:11 AM – 1:01 PM	Non Dual Transmission with Parmiss
1:00 PM	Lunch
2:22 – 3:33 PM	Sound Bath with Monique
4:00 PM	Free time • journaling
5:05 – 6:33 PM	Asana practice with Mickey
7:00 PM	Dinner
8:33 – 10:01 PM	Kirtan • Govinda and fam



TUESDAY

3 NOV 2026

7:00 – 8:00 AM	Vinyasa Flow class with Katrina
8:08 AM	Dhyana and Journaling: The Reconnect Practice • Self guided
9:00 AM	Breakfast
10:01 AM	Discussion on the journals
11:11 AM	Closing Ceremony
1:00 PM	Light Lunch
3:00 PM	Pack down and departures

Please carry your mat, water bottle, a blanket and most importantly open heart to all the workshops.

"We live in a world where time is a man-made construct • Yet, we can't measure the accuracy of divine's plans"

We acknowledge the First Nations people of this land.
We recognise that sovereignty was never ceded and stand in solidarity with their calls for treaty, truth-telling and justice.
We pay our respects to Elders, past and present.
This Always Was, Always Will Be Aboriginal Land.