

Reconnect Timetable

Date	Time	Event	Space
Saturday 22.04.23	10:00 am – 1:00 pm	Arrival, sign in and set up tents and bedding	Campsite
	1:00 pm – 2:00 pm	Lunch	Karma Space
	2:00 pm – 3:30 pm	Setting your intention to Reconnect to self and others with Catherine (bring mat and notepads)	Muladhara – Root Centre (Outdoor Space near playground)
	3:30 pm – 4:30 pm	Forest walk foraging for nature alter led by Bel	Campsite
	4:30 pm – 5:30 pm	Opening Circle with Cacao	Anahat – Heart Temple (Indoor Hall)
	5:45 pm – 6:45 pm	Pranayama and Relaxation with Cristina (You're invited to bring a yoga mat, your favourite cushion and a shawl or a blanket to keep warm)	Anahat – Heart Temple (Indoor Hall)
	7:00 pm – 8:00 pm	Dinner	Karma Space
	8:15 pm – 9:30 pm	Sound Journey with Agni, Catherine, and Christina	Anahat – Heart Temple (Indoor Hall)
Sunday 23.04.23	7:00 am – 8:00 am	Prana activation - Breathwork with Bel	Anahat – Heart Temple (Indoor Hall)
	8:00 am – 9:00 am	Breakfast	Karma Space
	9:00 am – 10:30 am	Free time/reflection/walks	Campsite
	10:30 am – 12:00 pm	Yin Yoga with Cristina (Please, bring props for best comfort (like pillows, cushions, blanket, yoga blocks, etc.)	Anahat – Heart Temple (Indoor Hall)
	12:00 am – 1:00 pm	Resonance Medicine Journey by Rebecca	Anahat – Heart Temple (Indoor Hall)
	1:00 pm – 2:00 pm	Lunch	Karma Space
	2:00 pm – 4:00 pm	Ecstatic Dance with Agni	Anahat – Heart Temple (Indoor Hall)
	4:30 pm – 6:00 pm	Clearing Stuck Emotions and old beliefs with Catherine	Anahat – Heart Temple (Indoor Hall)
	6:00 pm – 7:00 pm	Yoga Asana (postural yoga) with Cristina	Anahat – Heart Temple (Indoor Hall)
	7:00 pm – 8:00 pm	Dinner	Karma Space
	8:15 pm – 9:30 pm	Sound Journey with Agni	Anahat – Heart Temple (Indoor Hall)

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Monday 24.03.24	7:00 am – 8:00 am	Morning Yoga with Cristina	Anahat – Heart Temple (Indoor Hall)
	8:00 am – 9:00 am	Breakfast	Karma Space
	9:15 am – 10:30 am	Shinrin-Yoku (aka Forest Bathing or 6 sense-walking meditation) with Cristina Please, wear comfortable clothes and sturdy shoes	Saharara – Crown Centre (Forest) – Meet outside the Anahat Space
	11:00 am – 12 pm	Stepping into the realm of Resonance w Rebecca (bring an open heart, a mat, notepad, and pen)	Anahat – Heart Temple (Indoor Hall)
	12:00 pm – 1:00 pm	African Drumming and Dance with Simone and Jess	Muladhara – Root Centre (Outdoor Space near playground)
	1:00 pm – 2:00 pm	Lunch	Karma Space
	2:00 pm – 3:30 pm	Self-Love Practice - Compassion & Heart Healing with Catherine	Anahat – Heart Temple (Indoor Hall)
	4:00 pm – 5:00 pm	Art therapy – A Group Connection Artwork with Christina	Anahat – Heart Temple (Indoor Hall)
	5:30 pm – 7:00 pm	The Wild Woman's Circle with Cristina (Please, bring yoga mat, a notepad and a pen, an empty cup with a tea bag in ready, and your favourite oracle card/picture (there'll be cards available)	Anahat – Heart Temple (Indoor Hall)
	7:00 pm – 8:00 pm	Dinner	Karma Space
	8:15 pm – 9:30 pm	Sound Journey with Agni	Anahat – Heart Temple (Indoor Hall)
Tuesday 25.03.23	7:00 am – 8:00 am	Love and Peace Meditation with Cristina (Please, bring a blanket to keep warm)	Anahat – Heart Temple (Indoor Hall)
	8:00 am – 9:00 am	Breakfast and retreat reflections	Karma Space
	9:00 am – 12:00 pm	Pack down and communal cleaning	Campsite
	1:00 pm – 3:00 pm	Forest gratitude walk	Saharara – Crown Centre (Forest) – Meet outside the Anahat Space
	3:00 pm	Departures	