



## *Reconnect Retreat March 2026*

### *Timetable*

#### **Saturday 7<sup>th</sup> March 2026**

<b>Time</b>	<b>Workshop name</b>	<b>Facilitator</b>	<b>Space</b>
10:00 am – 1:00 pm	Arrival to the gathering and settling in		All campsite
1:00 pm – 2:00 pm	Lunch		
2:00 pm – 3:00 pm	Yoga Philosophy	Cristina	Shiva Shakti Temple
3:15 pm – 4:45 pm	Opening Circle	Agni	Shiva Shakti Temple
5:00 pm – 7:00 pm	Emotional Release and Hip Opening workshop	Tanu	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner		
8:30 pm – 10:00 pm	Naad Yoga – Kirtan and Sound Journey	Agni and Govinda	Shiva Shakti temple



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#### **Sunday 8<sup>th</sup> March 2026**

<b>Time</b>	<b>Workshop name</b>	<b>Facilitator</b>	<b>Space</b>
7:00 am – 8:00 am	Pranayama practice	Mickey	Shiva Shakti Temple
8:00 am – 9:00 am	Breakfast		
9:30 am – 10:45 am	Body Movements, Conditioning & Nervous System Workshop	Tanu	Shiva Shakti Temple
11:15 am – 12:30 pm	Asana practice	Mickey	Muldhara – Root chakra (near playground)
1:00 pm – 2:00 pm	Lunch		
2:00 pm – 3:00 pm	ABC of personal growth	Grazyna	Shiva Shakti Temple
3:15 pm – 5:00 pm	Arts and craft flow	Lachie and friends	Shiva Shakti Temple
5:15 pm – 6:45 pm	Kundalini Activation Process	Parmiss	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner		Karma kitchen
8:30 pm – 10:00 pm	Ecstatic Dance	Mickey	Shiva Shakti temple

#### **Monday 9<sup>th</sup> March 2026**

<b>Time</b>	<b>Workshop name</b>	<b>Facilitator</b>	<b>Space</b>
7:00 am – 8:00 am	Morning Yoga and Forest Walk	Cristina	Shiva Shakti Temple
8:00 am – 9:00 am	Breakfast		
9:00 am – 11:00 am	Pack down	All	Campsite
11:00 am – 12:00 pm	Yoga Nidra, Love and Peace meditation	Cristina	Meet outside Shiva Shakti temple
1:00 pm	Communal cleaning	All	Campsite
3:00 pm	Closing Ceremony and depart		