



Reconnect Retreat April 2024

Timetable

youThursday, 25th April 2024

| Time | Workshop name | Facilitator | Space |
|---------------------|---|-------------|------------------------|
| 10:00 am – 12:00 pm | Arrival to the gathering and settling in | | All campsite |
| 1:00 pm – 2:00 pm | Lunch | | Karma kitchen |
| 2:30 pm – 4:00 pm | Opening Ceremony | Agni | Anahata – Heart Temple |
| 4:30 pm – 6:00 pm | Vinyasa flow and Shavasana practice with Tanu | Tanu Bodhi | Anahata - Heart Temple |
| 7:00 pm – 8:00 pm | Dinner | | Karma Kitchen |
| 8:30 pm – 9:30 pm | Sound Journey | Agni | Anahata - Heart Temple |



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Timetable

Friday, 26th of April 2024

| Time | Workshop name | Facilitator | Space |
|---------------------|--|-----------------|---|
| 6:30 am – 7:30 am | Hatha Yoga and Pranayama practice | Tanu | Anahata – Heart Temple |
| 8:00 am – 9:00 am | Breakfast | | |
| 9:30 am – 10:30 am | Drumming Workshop | Simone and Jess | Muladhara-Root Centre (Outdoor space near playground) |
| 11:00 am – 12:30 am | Embodiment and Sharing Circle with Cristina (please, bring a yoga mat, a pen and a notepad, something warm for the final relaxation) | Cristina | Anahata – Heart Temple |
| 1:00 pm – 2:00 pm | Lunch | | Karma Kitchen |
| 3:00 pm – 5:00 pm | Emotional release, hip opening and dynamic meditation with Tanu | Tanu | Anahata – Heart Temple |
| 5:30 pm – 6:30 pm | Dancing Freedom – A journey within | Sage | Anahata – Heart Temple |
| 7:00 pm – 8:00 pm | Dinner | | Karma Kitchen |
| 8:30 pm – 10:00 pm | Ecstatic Dance | Agni | Anahata – Heart Temple |



Reconnect Retreat April 2024

Timetable

Saturday, 27th April 2024

| Time | Workshop name | Facilitator | Space |
|---------------------|--|-------------|--|
| 7:00 am – 8:00 am | Morning Yoga with Cristina | Cristina | Anahata – Heart Temple |
| 8:00 am – 9:00 am | Breakfast | | Karma Kitchen |
| 9:30 am – 10:30 am | Forest Walking Meditation | Cristina | Meet outside Anahata – Heart Temple |
| 11:00 am – 12:30 pm | Let Go “detachment “ workshop | Parmiss | Anahata – Heart Temple |
| 1:00 pm – 2:00 pm | Lunch | | |
| 3:00 pm – 5:00 pm | Animal flow and handstand anatomy | Tanu | Muladhara – Root Centre, outdoor space near the cabins |
| 5:30 pm – 6:30 pm | Dancing Freedom – Moving from the inside out | Sage | Anahata – Heart Temple |
| 7:00 pm – 8:00 pm | Dinner | | Karma Kitchen |
| 8:30 pm – 10:00 pm | Kundalini Activation Process | Parmiss | Anahata – Heart Temple |



Reconnect Retreat April 2024

Timetable

Sunday

| Time | Workshop name | Facilitator | Space |
|--------------------|--------------------------------|-------------|------------------------|
| 7:00 am – 8:00 am | Love and Peace meditation | Cristina | Anahata – Heart Temple |
| 8:00 am – 9:00 am | Breakfast | | Karma Kitchen |
| 9:00 am – 12:00 pm | Communal packdown and cleaning | All | Campsite |
| 1:00 pm | Closing Ceremony | All | |
| 2:00 pm | Departures | | |