



# *Reconnect Retreat April 2025*

## *Timetable*

Friday 25<sup>th</sup> April 2025

Time	Workshop name	Facilitator	Space
10:00 am – 1:00 pm	Arrival to the gathering and settling in		All campsite
1:00 pm – 1:00 pm	Lunch		
2:30 pm – 3:30 pm	Mindful forest walk with Cristina	Cristina	Meet at Shiva Shakti Temple
4:00 pm – 5:15 pm	Art Flow Workshop	Lachi and friends	Shiva Shakti Temple
5:30 pm – 6:30 pm	Kundalini Activation Program	Parmiss	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner		
8:30 pm – 10:00 pm	Non Duality Transmission (Must have attended the KAP session earlier)	Parmiss	Shiva Shakti temple



## Reconnect Retreat April 2025

### Timetable

#### Saturday 26<sup>th</sup> April 2025

Time	Workshop name	Facilitator	Space
7:00 am – 8:00 am	Non – Linear Movement and OM chanting	Cristina	Shiva Shakti Temple
8:00 am – 9:00 am	Breakfast		
9:00 am – 10:30 am	Opening Circle	Agni	Shiva Shakti Temple
11:30 am – 1:00 pm	Yin Yoga and Pranayama	Cristina	Shiva Shakti Temple
1:00 pm – 2:00 pm	Lunch		
2:30 pm – 4:00 pm	Power of detachment	Parmiss	Shiva Shakti Temple
4:15 pm – 5:45 pm	Ceremonial Dance	Tim	Shiva Shakti Temple
6:00 pm – 7:00 pm	Chandra Namaskara (Moon Salutations)	Cristina	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner	Agni	Karma kitchen
8:30 pm – 10:00 pm	Sound journey	Agni	Shiva Shakti temple

#### Sunday 27<sup>th</sup> April 2025

Time	Workshop name	Facilitator	Space
7:00 am – 8:00 am	Morning Yoga and Meditation	Cristina	Shiva Shakti Temple
8:00 am – 9:00 am	Breakfast		
10:00 am – 12:00 pm	Pack down and cleaning	All	Campsite
12:00 pm – 1:00 pm	Meditation in the forest and depart	Agni	Meet outside Shiva Shakti temple