

RETREAT PROGRAM

Sept 27

Complimentary Spa treatment on arrival before 4pm

4.30 - 6.00pm Balinese Blessing Ceremony

6.00pm - 7.00pm Dinner

7.30pm - 9.30pm Welcome Circle

Sept 28 - Oct 4

7.00am - 8.30am Chakra Yoga with Jamilah

8.30am - 9.30am Breakfast

9.00am - 10.00am Auric Cleanse & Anointing

10.00am - 11.00am Chakra Goddess Meditation / Art Therapy / Dance of Embodiment

11.00am - 12.00pm Satsang (Teachings) with Tanishka

12.00pm - 1.00pm Processes to Empower the Daily Chakra Goddess

1.00pm - 2.00pm Lunch

2.00pm - 4.00pm Chakra Goddess Processes with Tanishka

4.00pm - 6.00pm Optional activity / free time to journal / swim / socialize / spa treatments

6.00pm - 7.00pm Dinner

7.30pm - 8.30pm Free Time

Oct 5

8.30am - 9.30am Breakfast

9.00am - 11.00am Closing Circle

