

Program

Friday 19 May 2017

Time	Activity	Location	Facilitator
18 – 18.30	Arrival & check-in at the Youth Hostel (do not forget to bring your identity card)	Reception	Nam Hari
19 – 20	Dinner	Restaurant	Youth Hostel
20.30 – 21.30	Welcome & introductions	Yoga Room	Nam Hari & Avtar
	Distribution of gift		Nam Hari
	Evening meditation		Avtar

Saturday 20 May 2017

Time	Activity	Location	Facilitator
5.30 – 8	Sadhana	Yoga Room	Patricia
8 – 9	Breakfast	Restaurant	Youth Hostel
9.45 – 10	Meet & Greet	Yoga Room	Nam Hari & Avtar
10 – 10.15	Ceremony of setting intentions		Avtar
10.15 – 11	“Comparative study” – the identity of a woman today (cultural, societal & media perspectives; role models)		Small groups work
11 – 11.30	The woman in the Piscean Age Vs in the Age of Aquarius		Avtar
11.30 – 13	Yoga / Meditation		Avtar
13 – 14	Lunch	Restaurant	Youth Hostel
14.30 - 15	Conscious resting with the gong	Yoga Room	Avtar
15 - 17	The spiritual journey of a woman		
	Karam Kriya – Numerology		
17 - 18.30	Yoga / Meditation		Nam Hari
18.30 - 20	Dinner	Restaurant	Youth Hostel
20 - 21	Women Circle (open discussion time)	Yoga Room	Avtar
21 – 21.30	Evening meditation		

Avtar will be available for a private Karam Kriya consultation during lunch on Saturday (costs: 60€/ 1 hour consultation). Availability on a first come first served basis. You can reserve your spot by email to melanie@elatewellbeing.com.

Weather conditions permitting, we may go outside for the afternoon and/or morning yoga sessions.

Sunday 21 May 2017

Time	Activity	Location	Facilitator
5.30 – 8	Sadhana	Yoga Room	Nam Hari
8 – 9	Breakfast & check-out	Restaurant	Youth Hostel
10	The cycles of a woman (moon points, sexual energy, lunar cycles)	Yoga Room	Avtar
11.30 – 13	Yoga / Meditation		Patricia
13 – 14	Lunch	Restaurant	Youth Hostel
14 – 15	Closing ceremony	Yoga Room	Avtar
15 - 17	Private <i>Karam Kriya</i> Consultations (by reservation)		

Avtar will be available for a private Karam Kriya consultations after the retreat (costs: 60€/ 1 hour consultation). Availability on a first come first served basis. You can reserve your spot by email to melanie@elatewellbeing.com.

Weather conditions permitting, we may go outside for the afternoon and/or morning yoga sessions.