

## PROGRAM

### **Tuesday October 19:**

16.00 – arrival and rooms available  
18.30 – 19.30 dinner  
19.45 – 20.45 welcome & meditation  
22.00 silence

### **Wednesday October 20:**

8.00 – 9.45 meditation & yoga  
10.15 – 11.15 brunch  
11.15 – 16.00 relax time  
16.00 – 17.45 meditation & yin yoga with sound & crystal bowls  
18.30 – 19.30 dinner  
22.00 silence

### **Thursday October 21:**

8.00 – 9.45 meditation & yoga  
10.15 – 11.15 brunch  
11.15 – 16.00 relax time  
16.30 – 17.45 meditation & sound journey by Johnny White  
18.30 – 19.30 dinner  
22.00 silence

### **Friday October 22:**

8.30 – 9.45 meditation & yoga  
10.15 – 11.15 brunch  
11.30 – 18.30 afternoon program to one of islands  
18.30 – 21.00 dinner out  
22.00 silence

### **Saturday October 23:**

8.00 – 10.00 fish market visit  
10.15 – 11.15 brunch  
11.15 – 16.00 off time  
16.00 – 17.45 meditation & yoga  
18.30 – 19.30 dinner  
22.00 silence

**Sunday October 24:**

9.00 - 10.00	closure and meditation
10.15 - 11.15	brunch
11.30	departure