

GLAM VIEW YOGA & WELLBEING WEEKEND RETREAT SEPTEMBER 2019



PROGRAMME

Friday:

Afternoon Arrival 4pm onwards
Meet and Greet – Introductions 5.30pm
Gentle Softening Yoga Session 6pm
Dinner and Drinks 7pm

Firepit, Intention Setting and Meditation 9pm



Saturday:

Gentle Rising 5.30am

Kriya Cleansing Ritual & Neti Practice 6am-6.30am

Qi Gong Mindful Meadow and Forest Walk 6.30am

Breakfast 7.30am

Deep and Interconnective Tissue Practice 9am-11am

Light Refreshments and Reflections 11.30am

Lunch 1pm

Reflection & Personal Time

An introduction to Journaling 4.30pm-5pm

Warrior of Light Resilience Workshop 5pm – 6.30pm

Dinner 7pm

Zen Lake Walk by Lantern Light (weather dependant)9pm



Sunday:

Gentle Rising 5.30am

Kriya Cleansing Ritual & Neti Practice 6am-6.30am

Qi Gong Mindful Meadow and Forest Walk 6.30am

Yoga Flow, Breathe Work and Guided Relaxation 7.30am

Breakfast 8.30am

Physical Realignment & Yoga Nidra with Visualisation 10-11am

Brunch 12pm

Gratitude Sharing and Departure 2pm

