

**WISDOM OF MEDITATION IMMERSION RETREAT**  
@ Strathean Retreat Centre, Sept 28 - 30 Te Horo 2020

**PROGRAM**

All sessions are optional.

**Monday 21 Sept.**

Arrive any time after 1:00 pm to settle in your room and enjoy a walk around the Strathean garden.

3:00 – 4:30 pm – Meet & Greet

An introduction to Advait Vedant (the wisdom tradition of non-dualism) with Shikhaa

5:15 – 6:15 pm – Somatics with Mayank

7:00 pm Dinner

**Tuesday 22**

7:00 am – Pranayam (conscious breathing practices)

7:30 am – Meditation

8:00 am – Breakfast

9:30 am – Satsang with Shikhaa (the wisdom teachings and how they can be applied to our every-day lives, to live according to our true Self - purposely, consciously and lovingly)

10:30 am – Morning tea

11:00 am – Mayank's movement (Somatics)

12:15 pm – Relaxation

1:00 pm – Lunch

2:30 – 3:00 pm – Silent meditation (optional)

3:30 pm – Mayank's movement (functional movement)

4:30 pm Afternoon tea

5:00 pm Meditation Mandala (a sharing circle guided by Shikhaa)

7:00 pm Dinner

8:00 pm Kirtan (chanting simple Sanskrit mantra)

**Wednesday 23 Sept.**

7:00 am – Pranayam

7:30 am – Meditation

8.00 am – Breakfast

9:30 am – Satsang with Shikhaa (wisdom teachings)

10:30 am – Morning tea

11:00 am – Mayank's movement (Somatics)

12:15 pm - Relaxation

1:00 pm – Lunch

After lunch: Walk in native bush in Otaki Gorge (weather permitting)

4:30 pm Afternoon tea

5:00 pm Meditation Mandala (a sharing circle guided by Shikhaa)

7:00 pm Dinner

8:00 pm Kirtan

#### **Thursday 24 Sept.**

Silent day. Shikhaa and Mayank will be holding one-on-one sessions throughout the day for each participant.

7:00 am –Meditation

8.00 am – Breakfast

9:30 am – 1:00 pm – One-on-one sessions with Mayank and Shikhaa.

1:00 pm – Lunch, followed by a silent walk (optional).

(One-on-one session will continue after lunch)

6:00 pm Meditation Mandala (sharing circle)

7:00 pm – Dinner

8:00 pm – Mantra Jap (gentle repetition of mantra)

#### **Friday 25**

7:00 am – Pranayam

7:30 am – Meditation

8.00 am – Breakfast

9:30 am – Satsang with Shikhaa (wisdom teachings)

10:30 am – Morning tea

11:00 am – Mayank's movement (Somatics)

12:15 pm – Relaxation

1:00 pm – Lunch

2:00 pm – Walk on Te Horo beach (weather permitting)

6:00 pm Meditation Mandala (a sharing circle guided by Shikhaa) will be held at the beach

7:00 pm Dinner

8:00 pm Kirtan

### **Saturday 26 Sept.**

7:00 am – Pranayam

7:30 am – Meditation

8:00 am – Breakfast

9:30 am – Satsang with Shikhaa

10:30 am – Morning tea

11:00 am – Mayank's movement (Somatics)

12:15 pm – Relaxation

1:00 pm – Lunch

2:30 pm – Silent meditation (optional)

3:30 pm – Mayank's movement (functional movement)

4:30 pm Afternoon tea

5:00 pm Meditation Mandala (a sharing circle guided by Shikhaa)

7:00 pm Dinner

8:00 pm Kirtan

### **Sunday 27 Sept.**

7:00 am – Pranayam

7:30 am – Meditation

8.00 am – Breakfast

9:30 am – Reflections on our experience during the week.

10:30 am – Morning tea

11:00 am – Mayank's movement (Somatics)

12:15 pm – Relaxation

1:00 pm – Lunch

After lunch – pack up / clean up

2:30 – “Farewells”

3:00 – End