

## WISDOM OF MEDITATION NEW YEAR RETREAT

@ Strathean Retreat Centre, Te Horo

January 2021, Friday 22<sup>nd</sup> 5pm – Monday 25<sup>th</sup> 3pm

**PROGRAM** (All sessions are optional)

**Satsang with Shikhaa.** During this retreat we will be focusing on meditation; Practicing simple techniques to deepen our meditation practice; Dispelling the myths of meditation; Discovering how meditation is beneficial in our every-day lives to live according to our true Self - purposely, consciously and lovingly.

### Friday 22<sup>nd</sup> Jan:

Arrive any time after 3:00 pm to settle in your room and enjoy time in the Strathean garden.

5:00 pm – Meet & Greet

7:00 pm – Dinner

8:00 pm – Kirtan (chanting simple Sanskrit mantra)

### Saturday 23<sup>rd</sup> Jan:

7:00 am – Pranayam & Meditation

8.00 am – Breakfast

9:30 am – Satsang and meditation with Shikhaa

10:45 am – Morning tea

11:15 am – Mayank's movement (Somatics). Ending in relaxation

1:00 pm – Lunch

3:00 pm – Silent meditation (in the garden if sunny)

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

4:30 pm – Afternoon tea

5:00 pm – Meditation Mandala – Q & A

6:00 pm – Free time

7:00 pm – Dinner

8:00 pm – Kirtan

### Sunday 24<sup>th</sup> Jan:

7:00 am – Pranayam & Meditation

8.00 am – Breakfast

9:30 am – Satsang and meditation with Shikhaa

10:45 am – Morning tea

11:15 am – Mayank's movement (Somatics). Ending in relaxation

1:00 pm – Lunch

3:00 pm – Silent meditation (in the garden if sunny)

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

4:30 pm – Afternoon tea

5:00 pm – Meditation Mandala – Q & A

6:00 pm – Free time

7:00 pm – Dinner

8:00 pm – Kirtan

**Monday 25<sup>th</sup> Jan:**

7:00 am – Pranayam & Meditation

8.00 am – Breakfast

9:30 am – Wrap up. Reflections on our experience and insights during the retreat.

10:45 am – Morning tea

11:15 am – Mayank's movement (Somatics)

12:15 pm – Pack & clean up

1:30 pm – Lunch & farewell

3:00 – End