	Retreat Schedule 2020				1.02 2.02				3.02		4.02		5.02		6.02	
	Thursday	Teacher	Friday	Teacher	Saturday	Teacher	Sunday	Teacher	Monday	Teacher	Tuesday	Teacher	Wednesday	Teacher	Thursday	Teacher
6:00 AM			wake up		wake up		wake up		wake up		wake up		wake up		wake up	
6:15 AM			Meeting on view point for Sunrise and Group meditation. Setting intentions for a good day.	Earth- child	Chi gong with sunrise	Earth- child	Breath exercise with selfmassage and sunrise	Earth- child	Chi gong with sunrise	Earth- child	Morning meditation with sunrise	Earth- child	Chakra breathing with sunrise	Earth- child	Tandava dance. Meditation through slow dance movement.	Earth- child
6:45 AM			Morning Tea Ceremony		Morning Tea Ceremony		Morning Tea Ceremony		Morning Tea Ceremony		Morning Tea Ceremony		Morning Tea Ceremony		Morning Tea Ceremony	
7:00 AM			Hatha Yoga	Ksenja	Hatha Yoga	Ksenja	Hatha Yoga	Ksenja	Hatha Yoga	Ksenja	Hatha Yoga	Ksenja	Hatha Yoga	Ksenja	Hatha Yoga	Ksenja
8:00 AM			Mindful breakfast & Rest		Mindful breakfast & Rest		Mindful breakfast & Rest		Mindful breakfast & Rest		Mindful breakfast & Rest		Mindful breakfast & Rest		Mindful breakfast & Rest	
9:00 AM			Self - Massage (Release emotional tension & heal yourself in any situation)	KAY	Conscious touch. Feel the sensation in your Body to connect with your inner child	KAY	Art of letting go: Release stagnant emotional tention in the body related to past traumas.	KAY	Art of Touch: Learn the sacred lang. of touch. The art of giving and receiving pleasure.	KAY	Magic of Touch 1: Amplifying our energy level by unblocking root energy in massage.	KAY	Magic of Touch 2: how to transform yuor sensitivity into healing energy	KAY	Earth massage. full body massage to activate body for more pleasure capacity.	Earth- child
11:30 AM			Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, suggestions, bookings.		Free time or day organisation meeting, packing personal items.	
12:00 AM			Mindfull Lunch		Mindfull Lunch		Mindfull Lunch		Mindfull Lunch		Mindfull Lunch		Mindfull Lunch		Mindfull Lunch	
13:00 PM			Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Nature Walk time or Lecture Circle (beach; waterfall; cave or massage session)		Final ceremony and saying good bye.	
3:00 PM	Arrival		Dearmoring. Releasing emotional tention from meridian points in the body. Opening body for pleasure.	KAY	Dao Yoga Massage 1: Fusion of gentle yoga movement & pressure - Based on "Circle Motion & Variation"	KAY	Tantra Yoga with Partner 1. dynamic exercises and playful movement in couples.	KAY	Dao Yoga Massage 2: Fusion of gentle yoga movement & pressure - Based on "Circle Motion & Variation"	KAY	Tantra Yoga with Partner 2. sharing energy with your partner through movement and play.	KAY	CONTACT MEDITATION: Meditate trougth touch	KAY		
5:30 PM	Mindful Dinner		Mindful dinner		Mindful dinner		Mindful dinner		Mindful dinner		Mindful dinner		Mindful dinner			
8:00 PM		Earth- child	sharing circle	Earth- child	rth- Massage Jam "	Earth- child	Contact dance improvisation jam.	Sasha Dodo	concert and bajans		Love Lounge	Earth- child	Sharing circle	Earth- child		
9:00 PM		Earth- child	Sauna ritual with singing	Earth- child								Bella	Extatic Dance party	Merilin		
10:00 PM	Night time		Night time		Night time		Night time		Night time		Night time		Night time			