

PROGRAM | Cultivating Mindfulness, Insight & Balance - a Winter Retreat & Training | Leo

Monday - Arrival, Intention & Discovery

09.15-10.15: Breakfast

10.15-13.00: Introductory session

13.00-16.00: Lunch, rest, personal treatments and training etc

16.00-19.00: Retreat session

19.00-20.15: Dinner

20.15-21.00: Retreat session or training on your own

Tuesday - Body, Balance & Beauty

07.45-09.15: Introduction to Mindful Movement & Yoga

09.15-10.15: Breakfast

10.15-13.00: Retreat session

13.00-16.00: Lunch, rest and individual training

16.00-19.00: Retreat session

19.00-20.15: Dinner

20.15-21.00: Retreat session or training on your own

Wednesday - Stability, Spaciousness & Insight

07.45-09.15: Mindful Movement & Yoga

09.15-10.15: Breakfast

10.15-13.00: Retreat session

13.00-16.00: Lunch, rest and individual training

16.00-19.00: Retreat session

19.00-20.15: Dinner

20.15-21.00: Retreat session or training on your own

Thursday – Silence & Communion

07.45-09.15: Mindful Movement & Yoga

09.15-10.15: Breakfast

10.15-13.00: Retreat session

13.00-16.00: Lunch, rest and individual training

16.00-19.00: Retreat session

19.00-20.15: Dinner

20.15-21.00: Retreat session or training on your own

Friday - Integration

07.45-09.15: Mindful Movement & Yoga

09.15-10.15: Breakfast

At 10.15-19.00: On your own: Individual training, as well as the possibility of Massage/Hiking/Relaxation. NB the lunch is like other days at 1pm

19.00-20.15: Dinner
20.15-21.30: Retreat session

Saturday - Communication & Relations

07.45-09.15: Mindful Movement & Yoga
09.15-10.15: Breakfast
10.15-13.00: Retreat session
13.00-16.00: Lunch, rest and individual training
16.00-19.00: Retreat session
19.00-20.15: Dinner
20.15-21.00: Extended dinner / social evening / relaxation

Sunday - Transit

At 09.15-10.15: Breakfast
10.15-13.00: Retreat session
13.00-14.30: Lunch
14.30-15.15: Closing session