



Lindisfarne Retreat March 2020

Itinerary

(times may vary slightly)

Friday

- 4.30pm onwards Welcome cuppa and snack in the dining/yoga room
Rooms available for check in
- 6.00pm approx Yoga – Nadi Shodana Breath & gentle flow followed by Yoga Nidra
- 7.45pm Evening meal – Spring Soup and Deli Sharing Board

Saturday

- 7.00am Tea/coffee & pre practice snack available
- 7.30am Meditation
- 8.00am Shortened Led Primary Sequence and focus on twisting postures – plus Q & A posture clinic
- 10.15 am Breakfast
- Afternoon The lounge area will be available to relax in with books and magazines, tea and cakes will also be left out for you to help yourself to
- 3.00-5.00pm Yoga off the Mat – A Mindful Afternoon
Including 5 senses, 3 part breath, Mindful Movement and Polarity
- 5.00pm Chai Latte, Biscuits
- 7.30pm Evening meal – Spanish inspired theme

Sunday

- 8.00am Tea/coffee & pre practice snack available
- 8.30am Meditation
- 9.00am Primary/Intermediate led class with focus on the bandhas
- 11.30am Yoga Breakfast
- Afternoon The lounge area will be available to relax in with books and magazines
- 3.15pm Gentle restorative practice and Yoga Nidra
- 4.30pm Tea & Cakes
- 5.30pm Leave

