

Daily schedule of our retreat

Day of arrival

- 15:15 – 15:30** Orga (only at Rosenwaldhof)
15:30 – 17:30 Afternoon session
17:30 – 18:15 Attunement in small groups
18:30 Dinner

Retreat days

- 07:15 – 09:00** Morning practice
09:00 Breakfast
11:00 – 13:00 Forenoon session
13:00 Lunch
15:30 – 17:30 Afternoon session
18:00 Dinner
19:30 – 20:00 Mantras & Meditation

Day of departure

- 07:15 – 08:30** Morning practice
08:30 Breakfast
10:00 – 10:15 Orga for all
10:15 – 12:30 Forenoon session
12:30 Lunch

