

SAMPLE TIMETABLE

FRIDAY:

14:00	Arrivals (2 - 5pm)
18:00	Group welcome & introductions
19:00	Dinner
21:00	Soul Speak workshop

SATURDAY:

08:00	Morning meditation
09:00	Breakfast
10:00	Quantum Healing session 1 (<i>session 2 participant can view</i>) <i>Free time for session 3 & 4 participants</i>
13:00	Lunch
15:00	Quantum Healing session 2 (<i>session 1 participant can view</i>) <i>Free time for session 3 & 4 participants</i>
19:00	Dinner
21:00	Yoga Nidra by candlelight with chakra balancing sound healing

SUNDAY:

08:00	Morning meditation
09:00	Breakfast
10:00	Quantum Healing session 3 (<i>session 4 participant can view</i>) <i>Free time for session 1 & 2 participants</i>
13:00	Lunch
15:00	Quantum Healing session 4 (<i>session 3 participant can view</i>) <i>Free time for session 1 & 2 participants</i>
21:00	Star gazing & astrological insights

MONDAY:

08:00	Morning meditation
09:00	Breakfast
10:00	Goodbyes & departures