



The Healing Power of Meditation & Living Mindfully

Presenter
Dr. Craig Hassed

Friday - optional

2 – 5pm	Arrival
5.30	Devi Mantra Chanting
6.30	Dinner
7.30	Evening Program & Welcome

8.45/9.00am **Saturday Arrival**

Saturday

6.00	Wake up alarm
6.30	Morning Yoga Class
7.30	Mantra chanting
8.00	Breakfast
8.30 – 9.00	Karma Yoga
9.30	The Science of Mindfulness
11.30	Tea
12.00	Yoga Nidra
12.30	Lunch

1.00 The Bookshop

2.00	Afternoon tea
3.30	The Practice of Mindfulness
5.30	Mahamrityunjaya & Havan
6.30	Dinner
7.45	Kirtan – Q & A

Sunday

6.00	Wake up alarm
6.30	Morning Yoga Class
7.30	Mantra chanting
8.00	Breakfast
8.30 – 9.00	Karma Yoga
9.30	The Philosophy of Mindfulness
11.30	Tea
12.00	Yoga Nidra
12.30	Lunch

Hari Om

Please maintain Mouna – Silence from after the last program until after breakfast wash up