

SAMPLE PROGRAMME

Day 1 pm

6.00 Dinner
Free time
8.15 – 9.30 MEDITATION

Day 2

7.00 am Energisation excercises
7.20 – 8.20 MEDITATION
8.30 *Breakfast*
Free Time
9.45–10.45 PRIVATE MEDITATION
(Optional)
11.00 – 12.20 READINGS SERVICE
12.30 pm *Lunch*
Free time
2.30 – 3.30 PRIVATE MEDITATION
(Optional)
4.00 Energisation Excercises
4.20 – 5.50 MEDITATION
6.00 *Dinner*
Free time
7.15 SRF DVD (Optional)
8.30 – 9.30 MEDITATION

Day 3

7.00 am Energisation Excercises
7.20 – 8.20 MEDITATION
8.30 *Breakfast*
Free Time
10.00–12.15 LONG MEDITATION
12.30 Lunch
Free Time
4.00 Energisation Excercises
4.20 - 5.50 MEDITATION
6.00 *Dinner*
Free time
7.15 KIRTAN
8.30 - 9.30 MEDITATION

Day 4

7.00 Energisation Exercises
7.20 -8.20 MEDITATION
8.30 *Breakfast*
Free time
10.00 – 12.15 LONG MEDITATION
12.30 *Lunch*

Rooms are available until 10.00 am

Group energization Exercises will be conducted outside, weather permitting. You may wish to bring suitable clothing

Tea (including herb teas), coffee and biscuits are available at all times in the kitchenettes on the ground, first and second floors, where there are also small fridges for personal use.