



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
6:30		WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
7-9		MORNING YOGA & MEDITATION	CHANTING, YOGA & MEDITATION	MORNING YOGA & MEDITATION	CHANTING, YOGA & MEDITATION	MORNING YOGA & CLOSING CIRCLE
9-10	ARRIVAL & REGISTRATION	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST & DEPARTURE
10-1	CENTER TOUR & FIRST YOGA CLASS	FREE TIME Rock Climbing Intro (12-1)	FREE TIME Workshop	FREE TIME Dharma Talk (12-1)	FREE TIME Yoga Pilgrimage	
1-2	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
2-3	FREE TIME	FREE TIME Rock Climbing Intro (2-3)	FREE TIME	FREE TIME	FREE TIME	
3-3	RETREAT INTRO & OPENING CIRCLE					
4-5	FREE TIME	YOGA CLASS	DHARMA TALK	PARTNER CLASS	RESTORATIVE CLASS	
5-6		FREE TIME	FREE TIME	FREE TIME	FREE TIME	
6-7	EVENING PRACTICE Meditation Training	EVENING PRACTICE Breathwork Training	EVENING PRACTICE	EVENING PRACTICE	EVENING PRACTICE	
7-8	DINNER	DINNER	DINNER	DINNER	DINNER	
8-9:30	MOVIE NIGHT	GAMES NIGHT	ECSTATIC DANCE	JAM NIGHT	TRADITIONAL KHMER WEDDING PARTY	