

Alchemy of Presence
with Anne Douglas
October 19-25, 2018

Daily Schedule

Friday October 19, 2018

3-630 pm Arrival and registration
6:30 pm Dinner
7:30 pm Evening Program
 Silence begins (silence is held during mornings and through lunch. It begins again after the evening program)

Saturday and Sunday October 20 & 21, 2018

7:00 - 8:00 Pranayama and Meditation
8:15 Breakfast
9:30 - 12:00 Meditation, Asana, and iRest Yoga Nidra
12:15 Lunch
3:30-5:30 Inquiry/Practices
5:45 Dinner
7:15 - 9:00 Evening Discussion

Monday October 22, 2016

7:00 - 8:00 Pranayama and Meditation
8:15 Breakfast
9:30 - 12:00 Meditation, Asana, iRest Yoga Nidra and Closing
12:15 Lunch
 ****iRest Short Retreat for Certification Ends here****
 iRest Yoga Nidra Certification Long Retreat Continues

3:30 - 5:30 Inquiry/Practices
5:45 Dinner
7:15 - 9:00 Evening Discussion

Tuesday & Wednesday October 23 & 24, 2018

7:00 - 8:00 Pranayama and Meditation
8:15 Breakfast
9:30 - 12:00 Meditation, Asana, and iRest Yoga Nidra
12:15 Lunch
3:30-5:30 Inquiry/Practices
5:45 Dinner
7:15 - 9:00 Evening Discussion

Thursday October 27, 2018

7:00 - 8:00 Pranayama and Meditation
8:15 Breakfast
9:30 - 12:00 Meditation, Asana, iRest Yoga Nidra and Closing
12:15 Lunch