**Timetable**

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| Sunday, 17 May | 2:00pm-3.00pm | Check in and retreat registration |
|  | 4:00pm | First Session |
|  | 6:00pm | Dinner – Self-cater or eat out |
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|  |  |  |
| Monday, 18 May | 7:00am–8:30am | Morning Session Pranayama, music and meditation |
|  | 8:45am–9:15am | Exercise |
|  | 9:30am | Breakfast |
|  | 11:15am-1:45pm | Silent time/meditation  |
|  | 2:00pm | Lunch |
|  | 2:30pm–5:30pm | Siesta/excursion/socialising/spa time |
|  | 6:00pm–7:30pm | Evening Session |
|  | 7:30 pm  | Dinner – Self-cater or eat out |
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| Tuesday,19 May | 7:00am–8:30am | Morning Session Pranayama, music and meditation |
|  | 8:45am–9:15am | Exercise |
|  | 9:30 am | Breakfast |
|  | 11:15am-1:45pm | Silent time/meditation |
|  | 2:00pm | Lunch |
|  | 2:30pm–5:30pm | Siesta/excursion/socialising/spa time |
|  | 6.00pm–7:30pm | Evening Session |
|  | 7:30 pm  | Dinner – Self-cater or eat out |
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| Wed 20 May | 7:00am–8:30am | Morning Session Pranayama, music and meditation |
|  | 8:45am–9:15am | Exercise |
|  | 9:30 am | Breakfast |
|  | 11:15am-1:45pm | Silent time/meditation |
|  | 2:00 pm | Lunch |
|  | 2:30pm–5:30pm | Siesta/excursion/socialising/spa time |
|  | 6:00pm–7:30pm | Evening Session |
|  | 7:30 pm  | Dinner – Self-cater or eat out |
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| Thurs 21 May | 7:00am–8:30am | Morning Session Pranayama, music and meditation |
|  | 8:45am–9:15am | Exercise |
|  | 9:30 am | Breakfast |
|  | 11:15am– 1:45pm | Silent time/meditation |
|  | 2:00pm | Lunch |
|  | 2:30pm–5:30pm | Siesta/excursion/socialising/spa time |
|  | 6.00pm–7:30pm | Evening Session |
|  | 7:30pm  | Dinner – Self-cater or eat out |
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| Friday, 22 May | 7:00am | Morning Session |
|  | 8:30am | Pack/Check Out |
|  | 9:30am | Breakfast |
|  | 10:00am | Check out |