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**TIMETABLE**

(Please note timetable is subject to change according to Divine Program – any changes will be communicated to all participants in a timely manner)

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| **Friday, 25 October** | 2:00pm | Check in for those who have booked retreat with accommodation.  |
|  | 5:00pm – 6:00pm | Registration for Retreat |
|  | 6:00pm | Outdoor Welcome Ceremony and Blessing |
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| **Saturday, 26 October** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise |
|  | 11:15am – 1:30pm | Initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:15pm – 5:30pm | Siesta/socialising/spa time/exercise |
|  | 5:30pm | Afternoon tea |
|  | 6:00pm – 7:30pm | Kirtan/groups/sweeping clinic |
|  | 7:30pm  |  Dinner – Self-cater or eat out |
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| **Sunday, 27 October** | 7:30am | Full Buffet Breakfast |
|  | 8:30am | Travel to Cooranbong for Mission Day satsang and celebrations |
|  |  | Lunch and dinner self -catered |
|  |  | Return to Rafferty’s at your leisure after Mission Day Celebrations |
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| **Monday, 28October** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise |
|  | 11:15am – 1:30pm | initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:15pm – 5:30pm | Siesta/excursion/socialising/spa time/exercise |
|  | 5.30pm | Afternoon tea |
|  | 6:00pm – 7:30pm | Kirtan/groups/sweeping clinic |
|  | 7:30pm  |  Dinner – Self-cater or eat out |
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| **Tuesday, 29 October** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise |
|  | 11:15am – 1:30pm | Initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:15pm – 5:30pm | Siesta/excursion/socialising/spa time/exercise |
|  | 5:30pm | Afternoon Tea |
|  | 6:00pm – 7:30pm | Kirtan/groups/sweeping clinic |
|  | 7:30pm  |  Dinner – Self-cater or eat out |
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| **Wednesday, 30October** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise |
|  | 11:15am – 1:30pm | Initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:15pm – 5:30pm | Siesta/excursion/socialising/spa time/exercise |
|  | 5:30pm | Afternoon Tea |
|  | 6:00pm – 7:30pm | Kirtan/groups/sweeping clinic |
|  | 7:30pm  |  Dinner – Self-cater or eat out |
|  |  |  |
| **Thursday, 31 October** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise |
|  | 11:15am – 1:30pm | Initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:15pm – 5:30pm | Siesta/excursion/socialising/spa time/exercise |
|  | 5:30pm | Afternoon Tea |
|  | 6:00pm – 7:30pm | Kirtan/groups/sweeping clinic |
|  | 7:30pm  | Dinner – Self-cater or eat out |
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|  |  |  |
| **Friday, 1 November** | 7:00am – 8:30am | Morning Session Pranayama, music and meditation |
|  | 8:30am | Morning tea provided with snack, you may also want breakfast which can be purchased at the resort or self-cater |
|  | 9:30am | Exercise or pack |
|  | 10:00am | Check out of accommodation |
|  | 11:15am – 1:30pm | Initiations/discourse/new directions/contemplation time |
|  | 1:30pm | Lunch |
|  | 2:30pm – 4:00pm | Last Session |
|  | 4:00pm | Afternoon Tea and retreat close |