

Wednesday, May 6th		Thursday, May 7th		Friday, May 8th		Saturday, May 9th	
		6.30a	Morning meditation	6.30a	Morning meditation	6.30a	Morning meditation
		7.30a	Breakfast	7.30a	Breakfast	7.30a	Breakfast
		8.15a	Workshop I	8.15a	Workshop II	8a	Final Exercise
		11a	Hike	10.30a	Hike	9a	Wrap up Session
		12	Lunch	12	Lunch	10a	Farewell
		2p - 4p	Group Session & Yoga	2p - 4p	Group Session & Yoga		
5.30p	Welcome Dinner	5.30p	Dinner	5.30p	Dinner		
7p	Welcome Session	7.30p	Evening meditation	7.30p	Evening Meditation		