

Mudita Retreat Timetable

timing	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
6.30AM		Meditation	Meditation	Meditation	Meditation	Meditation
7.00AM		Free Time/ Treatments	Free Time/ Treatments	Free Time/ Treatments	Free Time/ Treatments	Free Time/ Treatments
8.00AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00AM		Doko Lecture	Doko Lecture	Doko Lecture	Doko Lecture	Doko Lecture
10.00AM		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10.30AM		Kester Lecture AGNI	Nadia Cooking Demo	Doko Lecture	Kester Lect + Prac OJAS	Closing
11.30AM		Free Time / Treatments	Nadia Cooking Demo	Free Time / Treatments	Free Time / Treatments	Pack Up
12.30PM		Lunch	Lunch	Lunch	Lunch	Farewell Lunch @ 12.00PM
1.30PM	Arrival from 2pm - 4pm	Kester/Nadia Practical AGNI	Free Time / Treatments	Kester Lect + Prac SATTVA	Free Time/ Treatments	Depart from 1.00pm
2.30PM	Free Time	Free Time	Free Time / Treatments	Free Time	Free Time/ Treatments	
3.00PM	Free Time/ Treatments	Yoga	Yoga	Yoga	Yoga	
4.00PM	Free Time/ Treatments	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
4.30PM	Free Time	Free Time / Treatments	Free Time / Treatments	Free Time / Treatments	Kester & Nadia Food Q&A	
5.30PM	Welcome Kester/Nadia	Free Time / Treatments	Free Time / Treatments	Free Time / Treatments	5 pm Cooking Workshop	
6.30PM	Dinner	Dinner	Dinner	Dinner	Dinner	
7.45PM	Doko Lecture	Meditation	Meditation	Meditation	Meditation	