



NYE - Mindful Manifestation Retreat

Letting go of 2016 to 2017
Welcoming in 2017

7am to 8:30am - Yoga and Meditation.
8:30am to 9:30am - Breakfast
9:30am to 12pm - Free time
12pm to 1pm - Lunch

1:15pm to 3:15pm - Astrology and Ayurveda talk
3:15pm to 5:15pm - Yoga and Meditation
6:00pm to 7:00pm Dinner

8:00pm to 11:30pm
Mindful letting go and Intention setting
Burning Ceremony
Vedic Chanting and Fire Ceremony

11:30pm to 1am - Optional

You can retreat to the cemetery with Archarayaji to do a meditation in the cemetery; this will be fully explained on the 31st or, you can stay by the fire to meditate and welcome in the New Year with the chanting continued.

1st January 2017

8am to 9am - Breakfast

10am to 12:00pm - Visioning Yoga and Meditation Class with Darshna

12pm to 1pm - Lunch

1pm to 2:30/3pm - Closing Circle