

RETREAT ITINERARY

~ Approximate daily schedule ~

The flow of each day will be:

Awareness → Purification → Activation → Cultivation → Dream Awareness

This schedule serves as a general guide. Specific practices may be interchanged or adjusted throughout the retreat to best support the group's process and the natural flow of the journey. The duration and intensity of practices will also evolve as the retreat progresses, gradually building from shorter sessions into deeper and longer periods of practice.

05:30 - 06:00 -> Wake-up

06:00 - 06:30 -> Practice for Solar Body Activation (at sunrise)

06:30 - 07:30 -> Awareness Practice

07:30 - 09:30 -> Breakfast / Rest / Contemplation Time

09:30 - 10:30 -> Talk + Practice

10:30 - 11:30 -> Energy Field Purification & Transmutation Practice

11:30 - 13:30 -> Lunch / Rest / Integration

13:30 - 14:30 -> Talk + Q&A

14:30 - 15:30 -> Practice for Light Body Activation / Embodiment & Integration Practice

15:30 - 16:30 -> *Independent Practice / Rest & Integration

16:30 - 17:30 -> Deepening Awareness Practice / Subtle Body Cultivation

17:30 - 19:30 -> Refreshments / Rest / Personal Time

19:30 - 20:30 -> Dream Yoga / Astral Body Awareness Practice / Conscious Sleep Preparation

20:30 - 21:00 -> *Independent practice / Rest & Integration

21:00 - 21:30 -> Bedtime

*Independent practice = option to continue learned practice independently