

Abundant Health & Yoga Retreat

November 6 - 8

Friday November 6

4-5pm	Warm welcome at the Waihi Academy
5pm	Take a tour of the Academy
5.30pm	Taiwanese Tea Ceremony
6.00pm	Dinner
6.45pm	Welcoming Circle
7.15pm	Yoga Relaxation



Saturday November 7

7.30am	Yoga
9am	Breakfast
10am	Workshop 1 (learn healing Hand Reflexology)
11am	Morning Tea
11.30	Workshop 1 (continued)
12.30	Lunch
1.30	Yoga Nidra
2pm	Workshop 2 (Find your power - a women's guide to health and vitality)
3pm	Afternoon Tea
3.30	Workshop 2 (continued)
4.30 – 6	Backyard Pharmacy – heal your family naturally from your own yard
6pm	Dinner
7pm	Reflection Circle

Sunday November 8

7.30am	Yoga
9am	Breakfast
10am	Workshop 3 (How to Harmonise our Energy)
11am	Morning Tea
11.30	Workshop 3 (Magic of Flower Essences - make your own to take home)
12.30	Lunch
1.30	Yoga Nidra
2pm	Farewell Circle
3pm	Afternoon Tea
3.30pm	Farewell