

Abrahamskraal Silent Retreat : 25 – 27 May 2018

Friday, 25 May	
11am- 12pm	Coaching session 1 (45 min each)
12 – 1pm	Coaching session 2
1- 2pm	Coaching session 3
2 – 3pm	Coaching session 4
3 – 4pm	Coaching session 5
4 – 5pm	Coaching session 6
5 – 6pm	Coaching session 7
6 – 7.15pm	<i>Yin Yoga</i>
7.30 – 8.15 pm	Mindful Dinner * (Hand in cell phones)
8.30 – 9.30pm	Welcome (Hestie) * Introduction and Meditation (Gretha) Noble Silence begin

Sessions with Hermon between 3- 5.30 pm

Saturday, 26 May	
6.45 – 7.20am	Breakfast
7.30 - 8.15	Morning Meditation *
8.30 – 9.45	<i>Yin Yoga</i>
10- 11am	<i>Massage/Reiki/Reflexology 1</i>
11am – 12pm	<i>Massage/Reiki/Reflexology 2</i>
12 – 1pm	<i>Massage /Reiki/Reflexology 3</i>
1- 2pm	Lunch *
1.30 – 2.30pm	<i>Massage / Reiki/Reflexology 4</i>
2.30 – 3.30pm	<i>Massage / Reiki/Reflexology 5</i>
4 – 5pm	<i>Massage/ Reiki/Reflexology 6</i>
5 – 6pm	<i>Massage / Reiki/Reflexology 7</i>
4.30 – 5.15pm	Mindful Walking
6 – 7pm	Dinner *
7pm	Meet at venue for transportation to veld
7.30 – 8pm	Poetry in Veld

75 min Massage / Reiki / Reflexology Sessions between 10am-6 pm

Sunday, 27 May	
6.30 – 6.50	Coffee & Rusks
7 – 7.45am	Morning Meditation *
7.45 – 8.15am	Breaking Noble Silence
8.15 – 9.30am	<i>Yin Yoga</i>
	(Collect Cell phones)
8.30- 9.30am	Coaching session 1 (45 min each)
9.30 – 10.30am	Coaching session 2
10.30- 11.30 am	Coaching session 3
11 – 12pm	Brunch
11.30 – 12pm	<i>Brunch break (Coach)</i>
12 – 1pm	Coaching session 4
1 – 2pm	Coaching session 5
2 – 3pm	Coaching session 6
3 – 4pm	Coaching session 7

Only items with a * are compulsory.