

The Joyful Path

Yoga and Self Care

Cambodia Retreat Itinerary 28th July - 2nd August, 2025

DAY 1 July 28th

2pm - 4pm	ARRIVE <i>Welcome and Orientation of Centre by Hosts, plus Refreshments</i>
4pm - 5pm	OPENING CIRCLE and INTENTION SETTING MEDITATION
5pm - 6pm	FREE TIME
6pm	DINNER
7.30 - 8.45pm	YIN YOGA
8.45pm	SILENCE TILL BREAKFAST

DAY 2 July 29th

5.45am - 7.00am	20/20/20 <i>20mins MOVEMENT / 20mins JOURNAL / 20mins MEDITATION</i>
7.30am	BREAKFAST
9.30am - 11am	YOGA
11am - 1pm	FREE TIME <i>Swim, Bike Ride, Read, Relax</i> <i>Plus the opportunity for Energy Sharing Reiki Sessions</i>
1pm	LUNCH
2pm - 3pm	FREE TIME ... as above
3pm - 4.15pm	SELF COMPASSION WORKSHOP
4.30am - 5.45am	YIN/YANG YOGA
6pm	DINNER
7.30pm - 8.45pm	BREATHWORK & YOGA NIDRA
8.45pm	SILENCE TILL BREAKFAST

Day 3 July 30th

5.45am - 7.00am	20/20/20
7.30am	BREAKFAST
9.30am - 10.45am	YOGA
11am - 1.00pm	FREE TIME <i>Cooking Class</i>
1pm	LUNCH
2pm - 4pm	FREE TIME
4pm - 5.30pm	MINDFULNESS IN EVERYDAY LIFE and WALKING MEDITATION
6pm	DINNER
7.30 - 8.45pm	YIN YOGA
8.45pm	SILENCE TILL BREAKFAST

continued ...

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Day 4 July 31st

5.45am - 7.00am	20/20/20
7.30am	BREAKFAST
9.30am - 11am	YOGA
11am - 1pm	FREE TIME
1pm	LUNCH
2pm - 4.00pm	FREE TIME
4.00pm - 5.30pm	YIN/YANG YOGA
6pm	DINNER
7.30 - 8.45pm	CHANTING & 108OMs
8.45pm	SILENCE TILL BREAKFAST

Day 5 August 1st

5.45am - 7.00am	20/20/20
7.30am	BREAKFAST
9.30am - 11am	YOGA
11am - 1pm	FREE TIME
1pm	LUNCH
2pm - 4.30pm	FREE TIME Optional Hanchey Temple visit
4.30pm - 5.45pm	YIN YOGA
6pm	DINNER
7.30pm - 9pm	30/30/30 DANCE / SHAKING / MEDITATION
9pm	SILENCE TILL BREAKFAST

Day 6 August 2nd

5.45am - 7.00am	20/20/20
7.30am	BREAKFAST and PACK
9.00am - 10.30am	YOGA / CLOSING CIRCLE
11.00am	DEPART