



## 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	<i>OPENING CIRCLE and INTENTION SETTING MEDITATION</i>
5pm - 6pm	<b>FREE TIME</b>
6pm	<i>DINNER</i>
7.30 - 8.45pm	<i>YIN YOGA</i>
8.45pm	<i>SILENCE TILL BREAKFAST</i>

### DAY 2 July 29th

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

### Day 3 July 30th

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

*continued ...*



continued ... page 2 of 2

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

### 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