

**LINDISFARNE OCTOBER 2022
PROVISIONAL ITINERARY**

Friday

4.15-5pm

Welcome Tea/Coffee & Cakes

6-7.30pm

Friday Chillout - including Pranayama and Yoga
Nidra

8pm

Dhal/Curry Supper

Saturday

Morning Session

8.30am

Meditation

9-11am

Chandra (Moon) Sequence

11.30am

Yoga Breakfast

Afternoon Session

2.30-4.30pm

Yoga off the mat/Workshop

4.45pm

Tea/Coffee & Cakes

Sunday

Morning Session

10.30-11.30am

Posture/Personal Practice Clinic

11.30-1.15pm

Meditation leading into an Ashtanga Style Practice

1.30pm

Post practice snack & cuppa

2pm

Mindful half hour

Afternoon Session

3.15 – 4.30pm

Restorative practice – including Pranayama &
Nidra

4.45pm

Tea/Coffee, Cakes, and farewells