

Monday 1st November

8 am Hatha yoga

9:15 am Breakfast

Free time

11am Stretch yoga

12.30pm lunch

Free time

4.30-5.30pm Vinyasa Flow yoga

6.30 Dinner

8pm mindfulness meditation

Tuesday 2nd November

8 am yoga

9:15 am Breakfast

Free time

11am Stretch yoga

12.30pm lunch

Free time

4.30-5.30pm Golden seed flow yoga

6.30 Dinner

8pm Guided meditation

Wednesday 3rd November

8 am yoga

9:15 am Breakfast

Free time

11am yoga

12.30pm lunch

Free time

4.30-5.30pm YinYoga

6.30 Dinner

8pm mandala meditation

Thursday 4th November

8 am hands free vinyasa yoga

9:15 am Breakfast

Free time

11am Vinyasa flow yoga

12.30pm lunch

Free time

4.30-5.30pm Stretch yoga

6.30 Dinner

8pm Trakata candle gazing meditation

Friday 5th November

8 am yoga

9:15 am Breakfast

Free time

11am yoga

12.30pm lunch

Free time

4.30-5.30pm Anouk's' Tribal Flow

6.30pm dinner

8pm Restorative Yoga

Saturday 6th November

8am Yoga

9.15am Breakfast

Free time

11.30-12.30 Yin Yoga

12.30 Lunch

1.30-4pm Massage/ Reflexology bookings or free time

4.30-5.30pm Fusion yoga

6.30pm Dinner

8pm Sound Meditation

Sunday 7th November

8am Yoga

9.15am Breakfast

11am wall yoga

12.30 lunch

1.30-4pm free time or massage/reflexology

4pm check out

General notes

The time table may be variable due to weather.

Sup Yoga will be available on the days that are suitable.

There are Canoes and paddle boards for hire at the main centre.

There is a small liquor store and a small general store with limited goods.

Please bring any special food items you enjoy as they may not be available.

There is a golf course in Guilderton, you would need to bring your own golf clubs.

If you wish to book massage or reflexology, please do so before the retreat as spaces are limited.

There will also be a yoga teacher training running at the same time which all retreat guests are welcome to attend any of the sessions during free time.

If you have any questions about the itinerary or Guilderton are, please feel free to call me on 0400 838 392.