

**Anam Cara Studio**  
**80 Acacia Street Woodgate Beach Qld**

**Retreat timetables**

<b>35 hour retreat program</b>			
Monday	asana class	8.30 – 11.30am	3hrs
	restorative asana	3.30 – 5.00pm	1 ½
	meditation sunset	5.00 – 5.30pm	30 mins
Tuesday to Saturday	sunrise meditation	6.00 – 6.30am	30 min
	asana class	9.30 – 11.30am	2 hrs
	theory/sutra	2.30 – 3.30pm	1 hrs
	restorative	3.30 – 5.00pm	1.5 hrs
	meditation sunset	5.00 – 5.30pm	30 mins
Sun	sunrise meditation	6.00 – 6.30am	30 mins
	asana class	8.30 – 10.30am	2

\* sunrise and sunset times change depending on season

<b>20 hour retreat program</b>			
Monday	restorative asana	4.30 – 6.30pm	2hrs
Tuesday to Thursday	asana class	8.30 – 11.00am	2 ½ hrs
	restorative	3.30 – 6.00pm	2 ½
Friday	asana class	8.00 – 11.00am	3 hrs

<b>10 hour retreat program</b>			
Friday	restorative	4.30 – 6.30pm	2 hrs
Saturday	asana	8.30 – 11.30	3 hrs
	restorative	3.30 – 5.30	2 hrs
Sunday	asana	8.30- 11.30	3 hrs

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<b>25 hour teacher development retreat program</b>			
Friday	restorative and pranayama class	4.30 – 6.30pm	2hrs
Saturday	sunrise meditation	5.30 – 6.00am	½ hr
	asana – led practice	8.00 – 9.30am	1 ½ hr
	workshop practical and theory	10.00 – 1.00pm	3hrs
	restorative class	3.30 – 5.30pm	2hrs
	sunset meditation	5.30 – 6.00pm	½ hr
Sunday	sunrise meditation	5.30 – 6.00am	½ hr
	asana class	9.00 – 11.00am	2 hrs
	sutra study - beach	3.30 – 5.30pm	2 hrs
Monday	sunrise meditation	5.30 – 6.00am	½ hr
	asana led practice	8.00 – 9.30am	1 ½hr
	workshop practical and theory	10.00 – 12.00pm	2hrs
	restorative class	3.30 – 5.30pm	2hrs
	sunset meditation	5.30 – 6.00	2 hrs
Tuesday	sunrise meditation	5.30 – 6.00am	½ hr
	asana class	8.00 – 10.00am	2 hrs
	Q and A and close	10.30 – 11.30am	1 hr