

# SAMPLE TIMETABLE

## FRIDAY:

16:00	Arrivals (4 - 5pm)
17:00	Group welcome & introductions Tour of the eco-farm & meet the rescue animals
19:00	Dinner
21:00	Yoga Nidra by candlelight with sound healing

## SATURDAY:

08:00	Morning meditation walk
09:00	Breakfast
10:00	Reiki workshop (theory learning)
13:00	Lunch <i>Free time / treatments</i>
19:00	Dinner
21:00	Qigong by candlelight

## SUNDAY:

08:00	Morning meditation walk Reiki activations
09:00	Breakfast
10:00	Reiki workshop (practical learning)
13:00	Lunch <i>Free time / treatments</i>
19:00	Dinner
21:00	Fire ceremony

## MONDAY:

08:00	Morning meditation walk
09:00	Breakfast
10:00	Reiki workshop (practice healing sessions) Reiki Level 1 (foundation course) certification
12:00	Goodbyes & departures

Transport to/from Liskeard train station can be arranged on request (£30)