

Renewal

DEVON MINI RETREAT

SAMPLE ITINERARY



14 01 22	17.00	ARRIVAL & TEA
	18.00	GROUNDING PRACTICE
	19.45	DINNER
15 01 22	8.00	MORNING MEDITATION
	8.30	GROUNDING PRACTICE
	10.00	BRUNCH
	10.45	MINI WORKSHOP / FREE TIME
	13.30	LUNCH
	14.30	NATURE WALK / FREE TIME
	17.30	GROUNDING PRACTICE
	19.45	DINNER
16 01 22	8.00	MORNING MEDITATION
	8.30	GROUNDING PRACTICE
	10.00	BRUNCH
	11.00	GOODBYES