

Online Retreat Schedule - July 3-5, 2020 (U.K. Time)

Friday July 3rd 2020

20:00 a 22:30 hrs

Introduction & Meditation Guidelines

We start with a little introduction to the program and the eLearning methodology & platform, content overview, expectations and an introduction to the first breathing & relaxation practice and guided meditation.

Saturday July 4th 2020

8:00 - 10:00 am

Morning Yoga & Meditation Session

Moving the body with the connection to breathe. Arriving into the present through union of body, mind and soul.

10:00 - 10:30 am

Breakfast

30 minutes to prepare breakfast.

10:30 - 12:30 hrs

Theory and Meditation Practices

We start with an open session of questions & answers about the previous session and any other doubts participants may have.
Breathing Practice (Anuloma Viloma).
Meditation Practice (Vipassana)
Talk about the scientific reasearch to back up our practice
Questions & Answers

12:30 to 16:00 hrs

Lunch Time

Sufficient time to cook and prepare yourself a nice healthy meal, rest and integrate the information and practices we did in the morning sessions.

16:00 to 18:00 hrs

Meditation Techniques Practices

Questions & Answers
Five Principles of Yoga
Meditation Practice (Anapana + Vipassana)
Chakras and Scientific Research
Breathing Practice (Kapalavati)
The 4 Paths of Yoga

18:00hrs +

Dinner and Individual Practice

Free time to prepare a light dinner, rest, read, listen to educational materials, do an individual meditation session and if required, have a private guided session*.

* Individual coaching sessions available at an extra fee (€50/hr)

Sunday 5th July 2020

8:00 - 10:00 am	Morning Yoga & Meditation Session Moving the body with the connection to breathe. Arriving into the present through union of body, mind and soul.
10:00 - 10:30 am	Breakfast 30 minutes to prepare breakfast.
10:30 - 12:30 hrs	Theory and Meditation Practices Questions & Answers about the yoga practice session Meditation Practice (Spiritual Heart) The path of the 8 stages of Raja Yoga Practical application of Meditation
12:30 to 16:00 hrs	Lunch Time Sufficient time to cook and prepare yourself a nice healthy meal, rest and integrate the information and practices we did in the morning sessions.
16:00 to 18:00 hrs	Meditation Techniques Practices (Final Session) Questions & Answers Combined meditation practices (+Spiritual Heart) Developing a routine for better health and stress reduction Setting up 20% Benefit 80% ratio strategies Retreat Closure
18:00hrs +	Dinner and Individual Practice Individual private coaching session*. * Individual coaching sessions available at an extra fee (€50/hr)

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