

Time	24 December	25 December	26 December	27 December	28 December	29 December	30 December	31 December	1 January
10.00		Day Retreat Welcome and morning session (10-1pm)	Day Retreat Welcome and morning session (10-1pm)					Day Retreat Welcome and morning session (10-1pm)	Day Retreat Welcome and morning session (10-1pm)
1.00		Shared vegan picnic lunch	Shared vegan picnic lunch	Lunchtime drop-in meditation class	Lunchtime drop-in meditation class	Lunchtime drop-in meditation class	Lunchtime drop-in meditation class	Shared vegan picnic lunch	Shared vegan picnic lunch
2.00		Afternoon session (2-5pm)	Afternoon session (2-5pm)	Walking meditation & just sitting (2-2.45pm)	Walking meditation & just sitting (2-2.45pm)	Walking meditation & just sitting (2-2.45pm)	Walking meditation & just sitting (2-2.45pm)	Afternoon session (2-5pm)	Afternoon session Retreat ends (2-5pm)
3.00				Hatha yoga or unled meditation (3-4.30pm)	Hatha yoga or unled meditation (3-4.30pm)	Hatha yoga or unled meditation (3-4.30pm)	Hatha yoga or unled meditation (3-4.30pm)		
4.30				Work	Tea	Tea	Tea		
5.00				Work circle	Work circle	Work circle	Work circle	Work circle	
6.00				Vegan supper	Vegan supper	Vegan supper	Vegan supper	Vegan supper	
7.00	Retreat starts Evening session (7-9.30pm)			Evening session (7-9.30pm)	Evening session (7-9.30pm)	Evening session (7-9.30pm)	Evening session (7-9.30pm)	Evening session (7-9.30pm)	
10.00								Seeing in New Year (10-12.30am)	