



Aimie - 0408 082 027

Drumming & Mindfulness Retreat

with Tim Orgias

Program 14 – 16 Nov 2014

COST: \$485 (Early Bird \$395 if paid by 19th October 2014)

FRIDAY 14

- 4.00pm Arrive & Settle
- 5.30-6pm Welcome & Introduction
- 6.00pm Mindful Drumming & The Zone
with Tim
- 7.30pm Dinner & Relax



SATURDAY 15

- 7.00am Morning Yoga
with SadhanaShakti
- 8.30am Silent Breakfast
- 10.30am Peace amidst the chaos
with Tim
- 12.00pm Lunch/Free Time/Reflection
- 2.30pm Mindfulness, Drumming & The
rhythms of life with Tim
- 4.00pm Afternoon Tea
- 5.15pm Body Percussion, Chanting &
Kirtan with Tim & SadhanaShakti
- 6.30pm Dinner
- 7.15pm Tribal Sacred Fire Ceremony

SUNDAY 16

- 7.00am Morning Yoga
with SadhanaShakti
- 8.30am Breakfast
- 10.30am Drumming, Mindfulness &
Peace with Tim
- 12.00pm Lunch
- 1.30pm Closure & Integration
with Tim
- 3.00pm Pack up & Home