



**LEAVING THE REALM OF THE HUNGRY GHOSTS:
THE HEALING HABITS RETREAT
21-26 January 2023 @Suryalila Retreat Centre, Spain
with Thalien and Charlotte**

SCHEDULE

Please note this is a provisional schedule and subject to small changes. It goes without saying all activities are optional. Pick and choose as you like.

Day one: Saturday 21st January

noon-5.00pm: Arrivals
1.30pm: Lunch*
5.30pm: Opening circle & practicalities
7pm: Dinner
8.30pm: 'Unravel from your travel' Gentle Yoga

Day two: Sunday 22nd January

8.30am: Hatha/Vinyasa Yoga
9.30am: Breakfast
11.30am: Healing habits workshop
1.30pm: Lunch
5.30pm: Dharma talk
7pm: Dinner
8.30pm: Guided Metta Meditation

Day three: Monday 23rd January

8.30am: Hatha/Vinyasa Yoga
9.30am: Breakfast
11.00am: River walk excursion
1.30pm: (packed) lunch
5.30pm: Dharma talk
7pm: Dinner
8.30pm: Sound Healing Meditation

Day four: Tuesday 24th January

8.30am: Hatha/Vinyasa Yoga

9.30am: Breakfast

11.30am: Building & Breaking habits workshop

1.30pm: Lunch

5.30pm: Dharma talk

7pm: Dinner

8.30pm: Sauna

Day five: Wednesday 25th January

8.30am: Dharma talk

9.30am: Breakfast

11.30pm: Manifest your 2023 workshop

1.30pm: Lunch

FREE AFTERNOON

- *optional 1-on-1 counseling session (at extra cost)*

- *optional massage therapy (at extra cost)*

- *optional Suryalila yin/restorative yoga at 5.30pm*

7pm: Dinner

8.30pm: Kirtan (music & mantra's)

Day six: Thursday 26th January

8.30am: Hatha/Vinyasa Yoga

9.30am: Breakfast

11.30am: Dharma talk & closing circle

1.30pm: Lunch*

Departures

**The retreat price includes lunch on the arrival day OR the departure day, your choice.*

