



Reconnect Gathering November 2024

Timetable

Saturday, 2nd of Nov 2024

Time	Workshop name	Facilitator	Space
10:00 am – 12:00 pm	Arrival to the gathering and settling in		All campsite
12:00 pm – 1:00 pm	Lunch		Karma kitchen
1:30 pm – 3:00 pm	Om Chanting Circle with Paul	Paul	Muldhara Space
3:30 pm – 4:30 pm	Forest walk meditation	Cristina	Meet outside Shiva Shakti temple
5:00 pm - 6:30 pm	Yin Yoga	Cristina	Shiva Shakti temple
7:00 pm – 8:00 pm	Dinner		Karma kitchen
8:30 pm – 9:30 pm	Sound Journey	Agni	Shiv Shakti temple

Sunday, 3rd Nov 2024

Time	Workshop name	Facilitator	Space
7:00 am – 8:00 am	Morning Yoga	Cristina	Shiva Shakti temple
8:00 am – 9:00 am	Breakfast		Karma kitchen
9:30 am – 11:00 am	Mindful movement	Paul	Muldhara Space
11:11 am	Opening ceremony	Agni	Muldhara
1:00 pm – 2:00 pm	Lunch		Karma kitchen
2:00 pm – 4:00 pm	Yin Yoga and sound journey	Hanna and Sandra	Shiva Shakti temple



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4:30 pm – 6:30 pm	Nature connected men's circle	Cesar	Muldhara Space
4:30 pm – 6:30 pm	Womens Circle	Natasha and Ana	Shiva Shakti Space
7:00 pm – 8:00 pm	Dinner		Karma kitchen
8:30 pm – 9:30 pm	Non-linear movement for bliss	Cristina	Shiva Shakti

Monday, 4th Nov 2024

Time	Workshop name	Facilitator	Space
7:00 am – 8:00 am	Morning yoga	Cristina	Shiva Shakti Temple
8:00 am – 9:00 am	Breakfast		Karma kitchen
10:30 am – 12:00 pm	Celebrating our protectors: A Ceremony of Inner Appreciation through IFS	Natasha	Shiva Shakti Temple
1:00 pm – 2:00 pm	Lunch		Karma kitchen
3:00 pm – 4:30 pm	Free Dance	Paul	Shiva Shakti Temple
5:00 pm – 7:00 pm	Field of Awakening: A relational meditation and consciousness expanding practice	Tim	Muldhara Space
7:00 pm – 8:00 pm	Dinner		
8:30 pm – 9:30 pm	Sound journey	Agni	Shiva Shakti Temple



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Tuesday, 5th Nov 2023

Time	Workshop name	Facilitator	Space
8:00 am – 9:00 am	Breakfast		Karma Kitchen
9:30 am – 10:30 am	Love and peace meditation	Cristina	Muldhara Space
12:00 pm	Closing Ceremony	All	Shiva Shakti Temple
1:00 pm	Pack up and departures		