



# Free Food Kitchen Yoga Retreat Schedule

Friday, 09.09.2022 - Sunday, 11.09.2022

Dear cooks,

Welcome to the Free Food Kitchen Yoga Retreat. This yoga retreat is in loving honour of your service and commitment to helping the communities. So, go ahead and kick off your shoes, let your hair down and take this time to *whoosah*.

Here is this weekend's schedule:

## Schedule:

### Friday

- 16h00 - 17h00 Arrival and unpacking
- 17h00 - 18h10 Yoga and meditation
- 18h10 - 18h40 Opening and intention-setting
- 19h00 - 20h00 Supper

### Saturday

*Start of Buddhist Golden Silence from the moment of waking up.*

- 08h00 - 09h00 Yoga and meditation
- 09h00 - 10h00 Breakfast
- End of Buddhist Golden Silence.*
- 11h00 - 15h00 Free time
- 15h00 - 16h00 Free Food Kitchen meeting
- 16h00 - 16h30 Yoga and meditation
- 16h30 - 17h00 Dance ceremony
- 18h00 - 19h00 Sunset at Sylvia's
- 19h00 - 20h00 Supper

### Sunday

*Start of Buddhist Golden Silence from the moment of waking up.*

- 08h00 - 09h00 Yoga and meditation

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**09h00 - 09h30 Gratitude Closing Circle**

**09h30 - 10h30 Breakfast**

*End of Buddhist Golden Silence.*

**10h30 - 11h30 Pack-up and clean (group photo afterwards)**