



# 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**
-



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

**09h30 – 10h30    Breakfast**

*End of Buddhist Golden Silence.*

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