

Daily timetable for 7 Day Meditation and Chakra Retreat

Day 1 – Muladhara (Base Chakra) Element - Earth



2:00pm - 3:00pm	Check in – afternoon tea
3:00pm - 4:30pm	Muladhara (Base Chakra) Group Session
4:30pm – 5:30pm	Muladhara (Base Chakra) Meditation
6:00pm – 7:00pm	Dinner
7:30pm – 8:30pm	Muladhara transformation (art therapy) and evening meditation

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Day 2 – Swadhisthana (Sacral Chakra) Element - Water



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Swadhisthana (Sacral Chakra) Morning Meditation
9:30am – 10:30am	Swadhisthana (Sacral Chakra) Group Session
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Swadhisthana Group Session
12:30pm – 1:30pm	Lunch
2:00pm – 3:00pm	Swadhisthana transformation (art therapy)
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:30pm	Swadhisthana afternoon meditation
4:30pm – 6:00pm	Free time
6:00pm – 7:00pm	Dinner

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Day 3 – Manipura (Solar Plexus Chakra)

Element - Fire



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Manipura (Solar Plexus Chakra) Meditation
9:30am – 10:30am	Manipura (Solar Plexus Chakra) Group Session
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Manipura Group Session
12:30pm – 1:30pm	Lunch
2:00pm – 3:00pm	Manipura transformation (art therapy)
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:30pm	Manipura afternoon meditation
4:30pm – 6:00pm	Free time
6:00pm – 7:00pm	Dinner

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Day 4 – Anahata (Heart Chakra) Element - Air



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Anahata (Heart Chakra) Meditation
9:30am – 10:30am	Anahata (Heart Chakra) Group Session
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Anahata Group Session
12:30pm – 1:30pm	Lunch
1:30pm – 3:00pm	Anahata transformation (art therapy)
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:30pm	Anahata afternoon meditation
4:30pm – 6:00pm	Free time
6:00pm – 7:00pm	Dinner

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Day 5 – Vishuddha (Throat Chakra) Element - Sound



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Vishuddha (Throat Chakra) Morning Meditation
9:30am – 10:30am	Vishuddha (Throat Chakra) Group Session
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Vishuddha Group Session
12:30pm – 1:30pm	Lunch
2:00pm – 3:00pm	Vishuddha transformation (art therapy)
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:30pm	Vishuddha afternoon meditation
4:30pm – 6:00pm	Free time
6:00pm – 7:00pm	Dinner

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Day 6 – Ajna (Third Eye Chakra) Element - Light



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Ajna (Third Eye Chakra) Morning Meditation
9:30am – 10:30am	Ajna (Third Eye Chakra) Group Session
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Ajna Group Session
12:30pm – 1:30pm	Lunch
2:00pm – 3:00pm	Ajna transformation (art therapy)
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:30pm	Ajna afternoon meditation
4:30pm – 6:00pm	Free time
6:00pm – 7:00pm	Dinner

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Day 7 – Sahasrara (Crown Chakra) Element - Thought



7:00am – 8:30am	Breakfast
9:00am – 9:30am	Sahasrara (Crown Chakra) Morning Meditation
10:30am – 11:00am	Morning tea
11:00am – 12:00pm	Sahasrara (Crown Chakra) Group Session
12:30pm – 1:30pm	Lunch
2:00pm – 3:00pm	Sahasrara transformation and afternoon meditation
3:00pm – 3:30pm	Afternoon tea
3:30pm – 4:00pm	Check out of venue