



RETREAT SCHEDULE GUIDE

Monday 26th June

- 14:00 Arrival time
- 15.30 Afternoon Tea
- 17:00 Guided Meditation
- 18:30 Dinner
- 19:30 Teachings / Q&A
- 20:30 Retire / Quiet Time

Tuesday 27th and Wednesday 28th June

- 06:15 Guided Meditation
- 08:00 Breakfast
- 09:30 Kriya Yoga teachings
- 10:45 Tea Break
- 11:15 Guided Meditation
- 13:00 Lunch
- 14:00 Rest / Private Time
- 15:30 Afternoon Tea
- 17:00 Guided Meditation
- 18:30 Dinner
- 19:30 Teachings / Q&A
- 20:30 Retire / Quiet Time

Thursday 29th June

- 06:15 Guided Meditation
- 08:00 Breakfast
- 09:30 Kriya Yoga teachings
- 10:45 Tea Break
- 11:15 Guided Meditation
- 13:00 Lunch
- 14.00 End of retreat/Depart Charney Manor

P.S. We reserve the right to alter the programme schedule



RETREAT BOOKING FORM

Name

Address

.....

Email:

Phone

Signature and Date:

Please complete the booking form, scan and email to kriyayogauk@btconnect.com
Payment of 360 pounds sterling can be made by BACS to Kriya Yoga Account.
Please email for account details.

Alternatively, you can post the completed Booking Form to Kriya Yoga UK, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ along with a signed and dated cheque for 360 pounds' sterling.