

# New Year Retreat 2013/2014 "The Spirit of Yoga"

All programs are optional.

In general there are 15 min between activities.

5:00 Meditation (sadhana shivir)

7:00 Meditation

8:15 Ásanas (yoga postures)

9:45 Breakfast

10:30 Karma yoga (service) / free time

10:45 Morning activity

12:30 Meditation

13:45 Lunch

14:30 Karma yoga (service) / silence

15:00 Afternoon activity

17:15 Ásanas (yoga postures)

18:30 Meditation

19:45 Inspiration, questions and answers

20:30 Dinner

21:15 Karma yoga (service) / free time

21:30 Walk

22:00 Meditation and good night

On the 31 Dec from 21:30 will take place the special New Year program, with good surprises, music and... up to midnight!

In the morning of 1 Jan the program starts at 8:30.

	Morning Activity	Afternoon Activity
Sat 28 Dec	Yogic Practices and Lifestyle - An Introduction (*)	The Spirit of Yoga
Sun 29 Dec	Human Journey from Physical to the Realms of Intuition	Group Activities / Walk
Mon 30 Dec	Walk and Meditation in Nature	
Tue 31 Dec	Arts Program	Biopsichology (*)
Wed 1 Jan	Practices of Synchronization of Body, Mind and Spirit	(Note: the previous day program ends at midnight)

In the programs marked with (\*) there will be a parallel session for those who already do for a longer time the Ananda Marga practices.