

Happionaire Retreats

Discover Your Inner Greatness

Tentative Schedule **

January 11–12, 2020

Ananda Meditation Retreat, Pune

| Day 1 Saturday, Jan 12, 2020 | | Events |
|---------------------------------|----------|---|
| ARRIVAL | 10:30 am | Arrive, Tea & Snacks, Enjoy the secluded nature |
| 11:30am | 1:00 pm | Welcome Ceremony |
| 1:00 pm | 2:00 pm | Lunch |
| 2:30 pm | 4:00 pm | Mastering Your Emotions |
| 4:30 pm | 6:00 pm | Releasing Your Fears |
| 6:00 pm | 7:00 pm | Yoga Class in laps of Nature |
| 7:00 pm | 8:00 pm | Dinner |
| 8:00 pm | 9:30 pm | A Peek Inside Your Soul |
| | 9.30 pm | Sleep |
| Day 2 Sunday, Jan 12, 2020 | | |
| 7:00 am | 8:30 am | Trekking and Mediation |
| 8:45 am | 9:30 am | Breakfast |
| 10:00 am | 11:30 am | Visualizations & Affirmations |
| 11:30 am | 12:30 pm | Rewriting Your Story |
| 1:00 pm | 2:30 pm | Relax, Lunch and prepare to go home with Joyful Memories. |

