



# ALIGNED LIVING

*Schedule July 12-14 2024*



# **Aligned Living & Lifestyle Medicine Retreat.**

Friday 12th July

2pm	Check in at Krishna Village from 2pm.
4:15pm 5:45pm	Yoga Class with Jodie
6:15pm.	Dinner
7:00pm	Opening workshop: The Yoga & Biology of sleep & cycles.

Lunch at the temple is available for under \$20 if you arrive early.

# Saturday 13th July

5 am Sunrise Yoga

6:30 am Alignment Yoga with Jyoti.

8:30. Breakfast

## **Existence**

10 – 12pm Aligned Living.

12:30pm Lunch

## **Knowledge**

2pm – 4pm Svadyaya & writing workshop with Jarryd.

4:15 – 5:45 Free time or join in a Village Yoga Class or just chill.

6:15 – 7pm Dinner

## **Bliss**

7:30pm : Somatosensory & Neural integration techniques for stress.

## Sunday 14th July

- 5am            Pranayama & Surya Namskara
- 6:30am        Sivananda Style Yoga Class with Jodie
- 8:30            Breakfast
- 10am–12pm    Sankalpa, Your Aligned Living Tool Box &  
                    Check out of your room\*
- 12:30pm.      Lunch Sunday Feasts are always a treat at Krishna Village.
- 1pm — 3:30pm 1–1 Integrative healthcare consultations with Jodie (See  
Add-On's to your health retreat experience).  
OR enjoy any other Village activities.

\*If you'd like to stay an extra night please contact Village reception as Sunday night is not included in your retreat stay. Jyoti & Jarryd will be around until after Dinner time for casual chats and connection.



# Add ons:

To book a consultation with Jodie on Sunday afternoon please book at:  
<https://rccm.com.au/services>