

## Timings

### **FRIDAY**

3.30pm

Arrival - Residential guest to settle into various on farm accommodation.

4.30 - 6.30 pm

Whole group welcome to the farm, our ethos and surroundings with Hilary Chester-Master - farm partner and founder of the farmshop, cafe & farm project.

6.30pm

Supper

### **SATURDAY**

8 - 8.30am

Meditation led by Satish

8.30 - 9.45am

Breakfast and free time

9.45am - 1pm

Morning session with Satish with a break in the middle

1 - 2pm

Lunch

2 - 3.30pm

Accompanied Garden walk

3.30 - 5.30pm

Continue morning session

6pm

Supper

Attend public lecture by Satish in the evening at the farm (ticket included in weekend cost)

### **SUNDAY**

8 - 8.30am

Meditation led by Satish

9am - 12pm

Morning session to follow on from Saturday

12ish - Goodbyes and depart