

RETREAT SCHEDULE

Saturday 17.01.2026

11.30 am Arrival to DTL (those traveling on a minibus – organized travel)

People who organize their own travel, please be at DTL before 1pm.

12.30 pm Lunch

After lunch General information about retreat (dining area)

3.00pm Introductory Session at the Gompa

3.30-4.00 pm Break

4.00 – 5.00 pm First Session

5.30 pm Dinner

6.30 – 8.00 pm Second Session with short Varjasattva Practice

Sunday - Thursday 18.01. - 22.01.2026

6.00 – 7.30 am First Session: Motivation, Prostration & Meditation

7.30 am Breakfast

9.30 – 11.00 am Second Session

11.30 am Lunch

After lunch Karma Yoga

2.30 – 3.30 pm Q&A

3.30 – 4.00 pm Break

4.00 – 5.00 pm Third Session

5.30 pm Dinner

6.30 – 8.00 pm Fourth Session with short Varjasattva practice

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Friday **23.01.2026**

6.00 – 7.30 am	First Session: Motivation, Prostration & Meditation
7.30 am	Breakfast
9.30 – 11.00 am	Second Session
11.30 am	Lunch
After lunch	Karma Yoga
2.30 – 3.30 pm	Q&A
3.30 – 4.00 pm	Break
4.00 – 5.00 pm	Third Session
5.00 – 5.30 pm	Conclusion of retreat
6.00 pm	Dinner

Saturday **24.01.2026**

6.00 am	Those traveling on a minibus (organized travel) depart at 6am to catch 8.30am ferry (breakfast box will be provided) Arrival to Adelaide approx. 12pm
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People who organize their own travel can depart any time before lunch. Breakfast will be provided.