

RETREAT SCHEDULE

Saturday **31.10.2026**

11.30 am Arrival to DTL (participants traveling on the organised minibus)

Participants who have arranged their own transport are welcome to arrive in time for **lunch at 12:30 pm**, or alternatively, are kindly requested to arrive at DTL by **1:00 pm** at the latest.

12.30 pm Lunch

After lunch General information about retreat (dining area)

3.00pm Introductory Session at the Gompa

3.30 – 3.45 pm Break

3.45 – 5.00 pm First Session

5.30 pm Dinner

6.30 – 7.45 pm Second Session

Sunday - Tuesday **01.11. – 03.11.2026**

6.00 – 7.15 am First Session: Motivation & Meditation

7.30 am Breakfast

9.00 – 10.15 am Second Session

30min break

10.45 – 12.00 pm Third Session

12.15 pm Lunch

After lunch Karma Yoga

2.00 – 3.00 pm Q&A

3.00 – 3.30 pm Tea Break

3.30 – 4.45 Third Session

5.30 pm Dinner

6.30 – 7.45 pm Fourth Session

Wednesday **04.11.2026**

6.00 – 7.15 am	First Session: Motivation & Meditation
7.30 am	Breakfast
9.00 – 10.15 am	Second Session
30min break	
10.45 – 12.00 pm	Third Session
12.15 pm	Lunch
After lunch	Karma Yoga
2.00 – 3.00 pm	Q&A
3.00 – 3.30 pm	Tea Break
3.30 – 4.45 pm	Third Session
4.45 – 5.15 pm	Conclusion of retreat
5.30 pm	Dinner

Thursday **05.11.2026**

6.00 am	Departure of the organised minibus to catch the 8:30 am ferry . (A breakfast box will be provided.) Arrival in Adelaide approx. 12.00pm
---------	--

Participants who have arranged their own transport may depart at any time before lunch. Breakfast will be provided.