

Puravida

November 1-4 2018

Ver Sep17

	Thurs 1st	Friday 2nd	Sat 3rd	Sun 4th
8.00		Osho Dynamic Meditation w/ Mel (Z)	Osho Dynamic Meditation w/ TBA (Z)	Quantum Light Breath w/ Mel
9.00		Breakfast	Breakfast	Breakfast
10.00 (ends 11.15)		Osho Satsang w/ Tarisha (Z)	Osho Satsang w/ Tarisha (Z)	HV AUM Meditation w/ Parvesh (Z) or 11.00 Singing Medicine with Tarisha (S)
11.30		Bioenergetics with Anuprem (Z) Or Biodanza with Niraj (S)	Bioenergetics with Anuprem (Z) or Trance Dance With Niraj (S)	
13.00				13.00 Lunch
13.30		Lunch	Lunch	13.45 – Help with Dishes
14.15		Help with Dishes	Help with Dishes	14.15 – Leela Life Training Talk (Z) with Svabhavo 14.45 – Closing Circle
15.30 (ends 17.30)		Arrival & Check-in	Let Go with Purna (Z) or Playfighting with Frank & Sheila (S)	
17.45		HV Sacred Earth Meditation with Dhyanesh (Z) or Gong Bath w/ Scania (S)	HV Sacred Earth Meditation with Neal (Z) or Gong Bath w/ Scania (S)	
19.00	Dinner	Dinner	Dinner	
19.45	Help with Dishes	Help with Dishes	Help with Dishes 20.00 AUM Talk (S)	
21.00	Evening Gathering (Z)	Evening Gathering (Z)	21.30 Evening Gathering (Z)	
22.00	DJs TBA + Yurt Sauna	DJs TBA + Yurt Sauna + Bonfire	Dress-up party Theme TBA + DJs Bobby Lost & TBA + Yurt Sauna	

Hosted by Dev & Anuprem

Coffeeshop open 2-3.30pm & 5.30-7pm each day (1.30-2.30pm Sunday)

No Alcohol or Bar this Puravida!