

# OmTara Breitenbush July 2022 Retreat Schedule

## FRIDAY, JULY 1

<b>3:00 PM</b>	<b>Check-in Opens @ Breitenbush Main Entrance</b>
<b>4:00 PM</b>	<b>Lodging Accomodations Available to settle-in</b>
<b>4:00 - 6:00 PM</b>	<b>Take time to soak or enjoy the grounds</b>
<b>6:00 - 7:00 PM</b>	<b>-- DINNER --</b>
<b>7:00 - 7:30 PM</b>	<b>Break</b>
<b>7:30 - 8:30 PM</b>	<b>Welcome &amp; Retreat Intentions / Breathwork &amp; Meditation</b> @ MAIN LODGE OR EVENT TENT ON MAIN LAWN
<b>8:30 - 9:30 PM</b>	<b>Sound Healing &amp; Song @ NORTH WING, MAIN LODGE</b>

## SATURDAY, JULY 2

<b>7:00 - 8:00 AM</b>	<b>Stretch &amp; Awaken with Breath Meditation @ NORTH WING MAIN LODGE</b>
<b>8:00 - 9:00</b>	<b>-- BREAKFAST --</b>
<b>9:00 - 10:00</b>	<b>Integration &amp; Mindfulness @ NORTH WING MAIN LODGE OR MAIN LAWN</b>
<b>10:00 - 11:00</b>	<b>Time to Soak / Break / Rest</b>
<b>11:00 - 1:00 PM</b>	<b>Kundalini Yoga &amp; Meditation @ NORTH WING MAIN LODGE</b>
<b>1:00 - 2:00</b>	<b>-- LUNCH --</b>
<b>2:00 - 3:00</b>	<b>Integration &amp; Mindfulness @ EVENT TENT ON MAIN LAWN</b>
<b>3:00 - 4:00</b>	<b>Time To Soak / Break / Rest</b>
<b>4:00 - 6:00</b>	<b>Kundalini Yoga &amp; Meditation @ NORTH WING MAIN LODGE or MAIN LAWN</b>
<b>6:00 - 7:30</b>	<b>-- DINNER --</b>
<b>7:30 - 8:30</b>	<b>Sound Healing &amp; Song @ NORTH WING MAIN LODGE</b>
<b>8:30 - Bedtime</b>	<b>Soak, Rest, Enjoy!</b>

## SUNDAY, JULY 3

<b>7:00 - 8:00 AM</b>	<b>Morning Stretch &amp; Meditation @ NORTH WING MAIN LODGE</b>
<b>8:00 - 9:00</b>	<b>-- BREAKFAST --</b>
<b>9:15 - 10:45</b>	<b>Kundalini Yoga &amp; Meditation @ EVENT TENT MAIN LAWN</b>
<b>11:00 - 12:00 PM</b>	<b>Integration, Appreciation &amp; Closing @ EVENT TENT MAIN LAWN</b>
<b>12:00 - 1:00</b>	<b>Check-out of Accomodations</b>
<b>1:00 - 2:00</b>	<b>-- LUNCH --</b>
<b>2:00 - 3:00</b>	<b>Soak, Enjoy Breitenbush, Depart by 3 pm*</b>

*\*departure on 7/3 for those not extending their stay to 7/4 or 7/5*