

Surrender to The Now with Juditta Ben-David

	Tuesday, 7/9	Wednesday, 8/9	Thursday, 9/9	Friday, 10/9	Saturday, 11/9
10:00 - 10:30	Morning meditation	Morning meditation	Workshop outdoors session	Morning meditation	Morning meditation
10:30 - 11:30	Chi Kung	Chi Kung		Chi Kung	Chi Kung
12:00 - 14:00	Workshop opening session	Workshop session		Workshop session	Workshop closing session
14:00	Lunch	Lunch	Lunch	Lunch	Lunch
15:30 - 17:30	Free afternoon-island/beach time	Workshop session	Free afternoon-island/beach time	Workshop session	
19:00 - 22:00	Workshop session				

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