

# 48-Hour Remote Reboot



We bring our 48-hour event to you, wherever you are. All you have to do is clear away the clutter and check in online, joining our remote community for a 48-hour reboot. Our programme runs from Friday evening until Sunday evening – you choose whether this fits into the rest of your weekend, or whether you take time out just for yourself.

## Schedule

Friday	Saturday	Sunday
<p><b>20.30</b></p> <ul style="list-style-type: none"><li>Welcome, introductions and intentionality</li><li>Outline of the weekend and expectations</li><li>Creating and holding the retreat space</li><li>Trouble shooting</li></ul>	<p><b>07.30 – 08.45</b></p> <ul style="list-style-type: none"><li>Wake up yoga: Sun Salutations and Warriors</li></ul>	<p><b>07.30 – 08.45</b></p> <ul style="list-style-type: none"><li>Wake up yoga: Kundalini Kriya</li></ul>
<p><b>20.45</b></p> <ul style="list-style-type: none"><li>Soothing seated stretches – kundalini warm ups</li></ul>	<p><b>09.00 – 10.30</b></p> <p>Breakfast:</p> <ul style="list-style-type: none"><li>Make breakfast together</li><li>Exploration of mindful eating</li></ul>	<p><b>09.00 – 10.30</b></p> <p>Breakfast:</p> <ul style="list-style-type: none"><li>Make breakfast together</li><li>Mindful eating practice</li></ul>
<p><b>21.30</b></p> <ul style="list-style-type: none"><li>Making Golden Milk (or alternative) together</li><li>Appreciation for the combination of nutrients that are entering into the body via the gut</li></ul>	<p><b>12.00 – 13.30</b></p> <p>Lunch:</p> <ul style="list-style-type: none"><li>Prep and cook simple lunch</li><li>Prep raw dessert for later</li><li>Mindful eating</li></ul>	<p><b>12.00 – 13.30</b></p> <p>Lunch:</p> <ul style="list-style-type: none"><li>Prep and cook simple lunch</li><li>Prep raw dessert for later</li><li>Mindful eating</li></ul>
<p><b>22.00 - 22.45</b></p> <ul style="list-style-type: none"><li>Yoga nidra</li></ul>	<p><b>13.45 – 15.00</b></p> <ul style="list-style-type: none"><li>Group conversation #becomethechange: Where am I now, where am I going</li></ul>	<p><b>13.45 – 15.00</b></p> <ul style="list-style-type: none"><li>Group conversation #becomethechange: Building the vision/committing to change</li></ul>
	<p><b>18.00 – 19.30</b></p> <p>Dinner:</p> <ul style="list-style-type: none"><li>Make dinner together</li><li>Mindful eating</li><li>Savour raw dessert made earlier!</li></ul>	<p><b>18.00 – 19.30</b></p> <p>Dinner:</p> <ul style="list-style-type: none"><li>Make dinner together</li><li>Mindful eating</li><li>Savour raw dessert made earlier!</li></ul>
	<p><b>19.45 – 21.00</b></p> <ul style="list-style-type: none"><li>Yin and yoga nidra/meditation</li></ul>	<p><b>19.45 – 20.30</b></p> <ul style="list-style-type: none"><li>Closing meditation</li><li>Feedback</li><li>Retreat closes</li></ul>