

GLT NORDIC MODULE 2

27 May to 4 June 2023

HIMMELBJERGGAARDEN

	Morning Practices* 7.00-7.50	B'fast 8.00 - 8.45	Morning Session 9.00 – 12.00 Includes 30 mins tea break	Lunch 12.15 -13:00	Afternoon Session 14.00 - 17:30	Dinner 18.00 – 18.45	Evening Session 19.30 – 21.00	Meditation 21.15 – 21.45
Saturday 27.5 Day 1					Opening Circle and teaching 1		Evening session	Cool Down Meditation
Sunday 28.5 Day 2	Qigong / Yoga/ Meditation		Teaching 2		Breathwork 1		Whole group sharing	Cool Down Meditation
Monday 29.5 Day 3	Qigong / Yoga/ Meditation		Teaching 3		Breathwork 2		Whole group sharing	Cool Down Meditation
Tuesday 30.5 Day 4	Qigong / Yoga/ Meditation		Teaching 4		Breathwork 3		Small group sharing	Cool Down Meditation
Wednesday Day 5 31.5	Qigong / Yoga/ Meditation		Teaching 5		Breathwork 4		Small group sharing	Cool Down Meditation
Thursday 01.6 Day 6	morning dance? Meditation		Teaching 6		Outing		Evening session	
Friday 02.6 Day 7	Qigong / Yoga/ Meditation		Teaching 7		Breathwork 5		Small group sharing	Cool Down Meditation
Saturday 03.6 Day 8	Qigong / Yoga/ Meditation		Breathwork 6		Small group sharing		Celebration	CoolDown + Dance
Sunday 04.6 Day 9	Qigong / Yoga/ Meditation		Loose Ends/Large Sharing Group Completion					

Morning Practice times: Yoga: 07:00 - 07.45; Qi-gong 07:00 - 07.30; meditation 07:30 - 07:50

The schedule is subject to change.