



## Kundalini Yoga Retreat with Maree | September 2026 Schedule

	Sun   Sept 20	Mon   Sept 21	Tued   Sept 22	Wed   Sept 23	Thurs   Sept 24	Fri   Sept 25	Sat   Sept 26
08:00 - 10:00		Morning Session	Morning Session	Morning Session	Morning Session	Outdoors Morning Practice	Morning Session
10:00		Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
17:00 - 19:00	16:30 Orientation & Opening Session	Afternoon Session	Afternoon Session	Afternoon Outdoors Session	Afternoon Session	Afternoon Session	Closing Session
19:15	Dinner		Dinner				Dinner