

The Scotland Meditation Retreat: The Path of the Spiritual Warrior

<https://www.sonjagrace.com/retreats-for-healing/>

Wednesday, June 4

3:00 check in / registration

4:00 opening ceremony

6-7 dinner break

7-9 meditation

Thursday, June 5

8:00 a.m. The Grace Method yoga

9-10 breakfast/break

10-1 meditation

1-2 lunch

2-4 meditation

4-7 dinner break

7-9 meditation

Friday, June 6

8:00 a.m. The Grace Method yoga

9-10 breakfast/break

10-1 meditation

1-2 lunch/break

2-4 meditation

4-7 dinner break

7-9 meditation

Saturday, June 7

8:00 a.m. The Grace Method yoga

9-10 breakfast/break

10-12 meditation

1-2 lunch/break

2-4 meditation

4-7 dinner break

7-9 meditation - closing ceremony

Sunday, June 8

Leave for Thurso