



REBIRTH JOURNEY

AGENDA

DAY 1 / 25.04.2024 / THURSDAY

WELCOME

05:00 PM - 06:00 PM	Meet and greet
06:15 PM - 07:15 PM	Sound therapy
07:15 PM	Dinner

DAY 2 / 26.04. / FRIDAY

HEART OPENING

08:00 AM - 09:30 AM	Yin Yoga
10:00 AM - 11:30 AM	Breakfast
11:30 AM - 1:30 PM	Mind Retreat (individual work)
02:00 PM - 3:30 PM	Free time & Snack



REBIRTH JOURNEY

AGENDA

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| 02:00 PM - 05:30 PM | Excursion to the Pazin Cave |
| 07:00 PM - 08:30 AM | Dinner |

DAY 4 / 28.04. / SUNDAY
MAGIC OF MOVEMENTS

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|----------------------------|-----------------------------------|
| 08:00 AM - 09:30 AM | Yin Yoga |
| 10:00 AM - 11:30 AM | Breakfast |
| 11:30 AM - 01:30 PM | Mind Retreat
(individual work) |
| 01:15 PM - 02:00 PM | Snack time |
| 04:00 PM - 06:00 PM | Workshop Bereginja |
| 07:00 PM - 08:30 AM | Dinner |



REBIRTH JOURNEY

AGENDA

DAY 5 / 29.04.2024 / MONDAY

TASTE OF ISTRIA

08:00 AM - 09:30 AM	Yin Yoga
10:00 AM - 11:30 AM	Breakfast
11:30 AM - 01:30 PM	Mind Retreat (individual work)
02:00 PM - 05:00 PM	Olive oil tasting
00:00 PM - 07:15 PM	Free time
07:15 PM - 08:30 AM	Dinner

6. DAY / 30.04.2024 / TUESDAY

SERENITY

08:00 AM - 09:30 AM	Yin Yoga
10:00 AM - 11:30 AM	Breakfast



REBIRTH JOURNEY

AGENDA

12:00 PM - 01:00 PM	Face Yoga
01:30 PM - 06:00 PM	Lunch in Rovinj
07:00 PM - 08:30 PM	Snack time
08:30 PM	Surprise guest

DAY 7 / 01.05 / WEDNESDAY

TRAVEL

08:00 AM - 09:30 AM	Yin Yoga
10:00 AM - 11:30 AM	Breakfast
11:30 AM - 01:00 PM	Meditation and departure

Lea Gobo

FENG SHUI & HEALING

leagobo.com/retreat