

Green Tara initiation			
Who is Green Tara , about her essence, energy, mantra, ritual to invoke			
What is Tantra (classical /neo) approach difference and essence			
Preparation of the space			
About chakras and feminine positive poles			
<b>Day</b>	<b>Time</b>	<b>Workshop Name</b>	
1	4.00pm	Set up space	
	6.00pm	Opening ceremony	
2	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast break	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Sharing circle	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Session 3	
3	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast break	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Sharing circle	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Free time	

4	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast break	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Sharing circle	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Evening Event	
5	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast break	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Sharing circle	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Free time	
6	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast break	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Sharing circle	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Free time	
7	Break day		
	Revision of all learnings		

	Facilitators to assign tasks		
8	7.30-8.30am	Free time	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Free time	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Session 1	
	4:00- 5:30pm	Break	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Free time	
9	7.30-8.30am	Active Meditation	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Evening Event	
10	7.30-8.30am	Active Session	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Break	
	3:00pm - 5:30pm	Session 2	
	5:30pm- 8:00	Dinner	
	8:00pm - 10.00	Evening Event	
11	7.30-8.30am	Break	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Session 1	

	1:00- 3:00pm	Break	
	3:00pm - 5:30pm	Session 2	
	5:30pm- 8:00	Dinner Break	
	8:00pm - 10.00	Evening Event	
12	7.30-8.30am	Active Meditation	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Break	
	3:00pm - 5:30pm	Session 2	
	5:30pm- 8:00	Break	
	8:00pm - 10.00	Creativity Night	
13	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Session 1	
	1:00- 3:00pm	Lunch	
	3:00pm - 4:00pm	Q&A	
	4:00- 5:30pm	Session 2	
	5:30pm- 8:00	Break	
	8:00pm - 10.00	Evening Event	
14	7.30-8.30am	Morning Active Session	
	8.30am -10.30am	Breakfast	
	10.30-1:00 pm	Closing Ceremony	
	1:00- 3:00pm	Lunch	
* Please note the sessions and schedule is subject to group dynamics			