



80 Acacia Street Woodgate Beach
Qld 4660

| Fully catered retreat Anam Cara Studio Program for the week June 2024 Sunday 2 to Sunday 9 | | |
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| Sunday 2 June 2024 | restorative class including pranayama | Arrive from 4.15pm for class 4.30 - 6.00pm |
| | meditation | 6.00 - 6.30pm |
| | Dinner | 6.45 pm |
| Monday to Saturday | Sunrise meditation. On the beach. 151-152 The Esplanade (Opposite Woodgate Beach Houses entrance) | 6.00 – 6.30am |
| | Beach side breakfast | 6.35 - 7.15am |
| | asana class | 9.00 - 11.30am |
| | Lunch | 11.45 - 12.45pm |
| | restorative | 3.30 - 5.30pm |
| | meditation | 5.30 - 6.00pm |
| | Dinner | 6.15 - 7.15pm |
| Sunday 9 June 2024 | Sunrise meditation | 6.00 - 6.30am |
| | Beach side breakfast | 6.35 - 7.15am |
| | check out from accommodation | |
| | asana class | 9.00 - 11.00am |
| | Lunch | 11.15 - 12.00 midday |