

**Spiritual Retreat - Practice Schedule**

.... in and around Hobart ☺

* Open for Everyone ☺☺☺

Location	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
All	9:30am Homejoy¹ - start 8:45	9:30am Homejoy - start 8:45	7:30am Homejoy - start 6:45	7:30am Homejoy - start 6:45	9:30am Homejoy - start 8:45		7.30 am Prayer House
@	11 / 12 am Online Practice & Prayer with Irman ²	11 / 12 am Online Practice & Prayer with Irman	11 / 12 am Online Practice & Prayer with Irman	11 / 12 am Online Practice & Prayer with Irman	11 / 12 am Online Practice & Prayer with Irman	11 / 12 am Online Practice & Prayer with Irman	All day Online Marathon Prayer ³
The Lotus Centre	6.15 pm A. Prayer House						All day Hobart Marathon Prayer ⁴
45 Victoria Street, Hobart	7.30 pm Heart Meditation *	7.00 pm Prayer House Homejoy ⁵		7.30 pm Prayer House	6 pm Guiding & MY practices 7.30 pm Prayer House	5.00 pm Prayer House Homejoy ⁴	
☺☺☺		8.00 pm online MY Yoga ⁶					7:30am Homejoy - start 6:45

¹ Homejoy sessions can be joined by alumni who completed TSR (internationally) and alumni who completed MRT recently, are local (Hobart) based and have good attitude ☺ for any queries, contact kent@thelotuscentre.com.au or amanda@thelotuscentre.com.au; anthony or rene can also assist.

² These can be joined by everyone (sometimes special days are for MY 1-5 only) so briefly call or e-mail *The Lotus Centre* for details – also the starting time varies from 11am to 12noon (depending on daylight saving)

³ Every Sunday of the year. Please contact Anthony for further details anthony@thelotuscentre.com.au

⁴ These prayer days happen every 6 to 8 weeks. Please contact Rene for any details and a schedule for the year reneliza@gmail.com

⁵ These session can be attended by alumni who joined the last (2007) Hobart Spiritual Retreat and the recent Batam retreat as a 2nd retreat. On Monday at 5.15pm anyone can attend as practices / prayers will also be in the Lotus Room.

⁶ This is the special / most suitable time put in place for us Australians ... other times are also available.