# Tagesplan Akasha Chronik Retreat Lamu

| Tagesplan | 1. Tag | 2. Tag | 3. Tag | 4. Tag | 5. Tag | 6. Tag | 7. Tag | 8. Tag |
|---|---|---|---|---|---|---|---|---|
| 7:30-8:30 | | | Frühstück | Mediation | Meditation | Meditation | Meditation | Packen |
| 8:30-9:30 Frühstück | | | Abreise nach Shela | | | | | |
| 9:30-12:30 | | Besichtigungstour Lamu Town | AC Seminar | AC Seminar | AC Seminar | AC Seminar | AC Seminar | Abreise |
| 12:30-13:30 Mittagessen | | Lamu Stadt | Banana House | Banana House | Banana House | Banana House | Banana House | |
| 15:00-18:30 | Ankunft Lamu, Apero 17:00 Uhr | frei | AC Seminar | AC Seminar | Tour: Besichtigung Takwa Ruinen, Baden Diamond Beach | AC Seminar | frei<br>16:30 Sunset Dhow Tour | |
| 19:00-20:00 Abendessen | Lamu House | Lamu House | Peponi | Fatuma's Tower | Diamond Beach | Kijani | Peponi | |
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