

RESTORING THE BALANCE

ITINERARY

Friday 31st January

- 3pm - Check-in
- 6pm - Opening Session. Introductions and connection with simple grounding exercises
- 7pm - Dinner in Torrish
- 9pm - Fireside gathering (optional) to further connect with new friends

Saturday 1st February

- 7.45am - Candles Awakened
15 minute silent contemplation to settle into day
- 8am - Gentle Morning Yoga Practice with Mikaila
Gentle stretches and movements to awaken body and mind
Theme: noticing your inner fire
- 9am - Breakfast
- 10am - Riverside Wonder - ecotherapy with Clunie and Mikaila
Mindfulness in nature through walking and stillness to ground and strengthen system
- 11am - Creative Ecotherapy with Clunie
Session gathering materials from nature for mandala making.
- 11.30am - Tea break at Ness Walk
- 12.15pm - Mandala making with Jean and Mikaila
- 1.15pm - Reflective Journaling
- 1.30pm - Lunch and break.
- 3.30pm - Connection Session #1
- 4.15pm - Reflective Journaling
- 4.30pm - 5.30pm - Break
- 5.30pm - Healing through Movement by firepit with Jean
- 6.30pm - Body scan and fireside contemplation
- 7.30pm - Dinner and free time

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Sunday 2nd February

7.45am - Candlit Awakening

15 minute silent contemplation to settle into day

8am - Energising Morning Yoga and Breathwork with Mikaila

Gentle stretches and movements to wake up the body and the mind

Theme: Stoking your inner fire

9.15am - Breakfast

10.30am - Creative Mindfulness Meditations with Clunie

11.15am - Reflective Journaling

11.30am - Tea break at Ness Walk

12noon - Healing Through Movement and Reflective Journaling with Jean

1pm - Lunch and break

3.30pm - Connection Session #2 with Mikaila

4.15pm - Reflective Journaling

4.30pm - Break

5.30pm - Cacao Celebration.

6.30pm - Joyful movement with Jean

7.30pm - Dinner & free time

Monday 3rd February

7.45am - Candlit Awakening

15 minute silent contemplation to settle into day

8am - Gentle Morning Practice with Mikaila

Short Yoga Session.

Theme: Sustaining your inner fire as you integrate back into life..

8.30am - Morning mindfulness with Clunie

9am - Breakfast

9.45am - Poetry, Reflective Journaling with Jean.

10:15am - Group Reflection and Closure
with Jean, Mikaila & Clunie

11.15 am: Goodbye Dance