

RESTORING THE BALANCE

ITINERARY

Friday 31st January

- 3pm - Check-in
- 6pm - Meet and greet & stretch and meditate
- 7pm - Dinner in Torrish
- 9pm - Fireside gathering

Saturday 1st February

- 7am - Candleslit Awakening
- 7.25am - Yoga with Mikaila
- 8.15am - Breakfast.
- 9.30am - Ness Islands mindfulness walk
- 10am - Meditation/Yoga exercises in nature
- 10.30am - Ecotherapy session
- 11am - Tea break at Ness Walk.
- 11.30am - Journaling, poetry & discussion
- 12.15am - Mandala making
- 1pm - Lunch and break.
- 3.30pm - Group contemplation and connection 4.30pm - Break
- 5.30pm - Healing in Movement by firepit
- 6.30pm - Body scan and Indian Head Massage
- 7.30pm - Dinner

Sunday 2nd February

- 7am - Candleslit Awakening & Contemplation 7.15am - Yoga with Mikaila.
- 8.15am - Breakfast.
- 9.30am - Creative Mindfulness Exercise
- 10.30am - Healing in Movement.
- 11.30am - Tea break at Ness Walk.
- 12noon - Outdoor Yoga in Nature.
- 1pm - Lunch and break.
- 3.30pm - Group Reconnection Session
- 5.30pm - Cacao ceremony by fire pit.
- Movement for Healing -Jean.

Monday 3rd February

- 7am 15 minute contemplation to settle into day.
- 7.15am - Short yoga session.
- 7.45am - Morning mindfulness.
- 8.15am - Breakfast.
- 9.30am - Reflective journaling.
- 10am - Group reflection and closure.