



What to expect from your retreat

Welcome, introductions and cuppa

between 8-45 and 9-00am

A chance to meet everyone and introduce you to the day

Opening the heart meditation

Rachel will guide you through a meditation to open and connect with your heart

Yin and restorative yoga

Dani will take you through a sequence of Yin and restorative yoga
Helping you connect and realign your bodies energy through movement

Drum circle and letting go (weather permitting round the fire pit)

Sue will introduce you to the drum circle, bringing the group together
using sound, voice, and rhythm (no musical ability required).

Helping you let go, have fun and connect with your inner self

Dani will close the drum circle with a letting go ritual

Meditative walking

Rachel will introduce you to and practice the 3 techniques for meditative walking
(bring suitable clothing for outdoors)

Reflective nature walk

Sue & Dani will run a contemplative, meditative walking session
around the garden (weather permitting) with reflection points as you go.
This is a solitary experience to promote deep reflection around the topics of:
Being present, Self-love, Balance, Shining bright, Fear, Commitment

Lunch – bring your own lunch

A chance to refuel, get to know each other a bit more or have some quiet time

Using oracle cards as part of your spiritual practice

Rachel will show you how to:

Prepare for a reading

Doing a reading for yourself or others

Finishing/closing the card reading

Having a go - practice doing card readings with each other

Using crystals as part of your spiritual practice

Rachel, Dani and Sue will run a session to explore the use of crystals
in particular, why and how you can use crystals,
how to look after and cleanse them using the four elements (fire, air, water and earth)
and some of the best crystals for healing the mind, body and spirit





Energy and sound healing

Dani, Rachel and Sue will provide the group with energy and sound healing whilst asking the group to set intentions for their healing and going forward

Sharing of commitments

Sharing your commitments and intentions with the group

Close

