



## **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

