

Lakeside Weekend Retreat

Schedule of Activities

Friday 30 April

- 1400-1500 Arrival and Check in for Weekend Retreaters
- 1500-1600 Welcome, Introductory Circle, Ice Breakers
- 1700-1800 Yoga & Meditation
- 1800-1845 Dinner – Paella Night
- 1900-2000 Sound Healing
- 2030-2130 Individual therapy sessions available

Saturday 1 May

- 0800-0900 Breakfast supplied in restaurant for Weekend Retreaters, and Registration for Day Retreaters
- 0915-0930 Welcome and Introductory Circle
- 0930-1030 Option 1: Restorative Yoga and An Intro to Mindfulness
Option 2: Nature Walk with Nutrition Education or Kayaking
Option 3: Get Creative - A Craft Workshop
- 1030-1115 Morning Tea & Aromatherapy for the Emotions Workshop
- 1115-1215 Option 1: Global Caravan Tribal Belly Dance
Option 2: Nature Walk with Nutrition Education or Kayaking
Option 3: Emotional Intelligence Workshop
- 1230-1330 Lunch
- 1330-1415 Listen to Your Body - It Talks Workshop
- 1415-1515 AromaDance
- 1515-1530 Closing Circle, Farewell to Day Retreaters
- 1545-1645 Free time, individual therapy sessions available
- 1715-1800 Yoga and meditation
- 1800-1900 Dinner
- 1900-2000 Restorative Yoga

Sunday 2 May

- 0900-0945 Stretch and Release
- 1000-1100 Breakfast
- 1100-1145 Practical Mindfulness Workshop
- 1145-1200 Closing Circle