

Itinerary: My Soulful Self Retreat

Friday		Saturday		Sunday	
4.00PM	Guests Arrive – Check in	8.00AM	Bushwalk Meditation OR Yoga with Michelle OR Sleep in	8.00AM	Bushwalk Meditation OR Yoga with Michelle OR Sleep in
5.30PM	Dinner	9.00AM - 9.45AM	Breakfast	9.00AM - 9.45AM	Breakfast *Note: Check out by 10.30AM
6.30PM	Welcome Circle <ul style="list-style-type: none"> Welcome Introductions Housekeeping 	10.00AM - 12.30PM	Workshop with Wendy: (Group 1) <ul style="list-style-type: none"> Understanding Your Energy Workshop with Beck: (Group 2) <ul style="list-style-type: none"> The Experience of Being Human 	10.00AM - 11.00AM	Workshop with Wendy: (Group 1) <ul style="list-style-type: none"> Playing with Your Energy Workshop with Beck: (Group 2) <ul style="list-style-type: none"> Vision Boarding
8.00PM	Yoga Nidra with Michelle <ul style="list-style-type: none"> Setting an Intention 	12.30PM	Lunch	11.00AM - 12.00PM	Workshop with Wendy: (Group 2) <ul style="list-style-type: none"> Playing with Your Energy Workshop with Beck: (Group 1) <ul style="list-style-type: none"> Vision Boarding
8.30PM	Free time	1.30PM - 4.00PM	Workshop with Wendy: (Group 2) <ul style="list-style-type: none"> Understanding Your Energy Workshop with Beck: (Group 1) <ul style="list-style-type: none"> The Experience of Being Human 	12.30PM	Lunch
10.00PM	Bedtime	4.00PM	Free Time	1.30PM - 3.30PM CLOSE	Healing Circle and Closing Ceremony <ul style="list-style-type: none"> Sound bowls with Michelle Wendy and Beck will be offering Reiki to the circle
		5.30PM	Dinner		
		7.00PM	Bonfire Ritual – Letting It All Go Exercise		
		8.00PM	Free Time		
		10.00PM	Bedtime		