

Retreats Schedule - Web Example

| 3-Day Women's Retreats Schedule | | | |
|---------------------------------|---|---------------|-----------|
| Location: | Shropshire, UK | Dates: | • Various |
| Group Size: | 6 | | |
| Meals: | <ul style="list-style-type: none"> • Breakfast: 08:30 Daily • Lunch: 13:30 Daily • Dinner: 18:00 Daily | | |

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| Friday Arrival & Opening | <ul style="list-style-type: none"> • 13:00 – 15:00 – Arrival & Check-In (Herbal tea, settling in) • 16:30 – Welcome Circle (Intentions, introductions, connection) • 18:00 – Dinner • 19:30 – Nidra Yoga & journaling prompt “what am I carrying that i’m ready to set down” | |
| Saturday | <ul style="list-style-type: none"> • 07:00 – Yoga • 08:30 – Breakfast • 09:30 –13:00 – Free Time (Treatments, reflection, rest, Journalling prompts) option to visit the local arboretum. • 13:30 – Lunch • 14:30 – Cacao Ceremony • 15:30 – Sound Journey • 18:00 – Dinner • 20:00 – Fire circle / Pergola / meditation and oracle cards | |
| Sunday | <ul style="list-style-type: none"> • 07:30 – Morning Yoga • 08:30 – Breakfast • 09:30 – 13:00 – Free Time (Treatments, reflection, rest) • 13:30 – Lunch • 14:30 - Grounding - Somatic movement • 16:00 – Breathwork • 18:00 – Dinner • 19:30 – Fire Ceremony - Release - Drumming | |
| Monday Closing & Departure | <ul style="list-style-type: none"> • 07:30 – Morning Yoga & Intention Setting • 08:30 – Breakfast • 10:00 – Crafting Circle • 11:30 – Closing Circle & Group Gratitude Practice • 13:30 – Lunch • 14:30 – Depart | |

Please Note:

This schedule is lovingly crafted to give you the most nourishing, magical experience possible—but nature can be unpredictable, and so can life! From wild weather to moments of spontaneous inspiration, things may shift slightly. We promise that any changes will be made with your wellbeing and experience in mind. Thanks for your understanding and flexibility 🌱