



## Self Care Retreat Schedule

**Arrival Day Friday 14<sup>th</sup> March** between 4 – 5.00pm

6.00pm – Pre Dinner Get together

7.30pm – Dinner

9.00pm – Pre Sleep Wind Down and Sound Bath with Claudia Roth

**Saturday 15<sup>th</sup> March**

8.00 – 8.45am – Morning Qi Gong with Kate Henley

8.45 – 09.30am – Breakfast

09.30 – 11.00am – Living and Eating Seasonally Workshop with Kate Henley focusing on Spring Season

11.00 – 1.00pm – Free time for treatments, walks and rest

1.00 – 2.00pm - Lunch

2.00 – 4.00pm – Free time for treatments, walks and rest

4.00 – 5.30pm – Workshop on Effective Tools for Stress Relief with Stella (Using the HeartMath teachings)

5.30 – 6.30pm – Restorative Yoga

7.00pm – Dinner

9.00pm – Pre Sleep Ritual and Sound Bath with Claudia Roth

**Sunday 16<sup>th</sup> March**

08.00 – 09.00am – Consciously starting your day and Labrynth Walk

09.00 – 10.00am – Breakfast

10.30am – 12.30pm – Self Love Journalling Workshop with Claudia Roth

1.00 – 2.00pm – Lunch

2.00 – 4.00pm – Free time for treatments, walks and rest

4.00pm – 5.00pm Closing and goodbyes

*\*This schedule acts as a guide and there may be some changes at the retreat*