

AGEING GRACEFULLY
GOODNESTONE PARK, NOVEMBER 28th - DECEMBER 1st

RETREAT SCHEDULE

DAY	ACTIVITY	PRACTITIONER
THURSDAY		
8.30 after supper	Welcome to guests - AG and guest introduction - what it means to them, what they want to gain from retreat	Sophie and introducing you all (Jackie I know you won't be there)
FRIDAY		
8 - 9 am	Guided walk round the estate led by me with 4-5 stops of mini experiences for what our Ageing Gracefully (AG) concept means	Feldenkrais/Franklin movement - Paola Sound bowl - Susan Practice - Kalindi Connection practice
9 - 10 am	Breakfast	
10 am - 11.45	Hormone/Menopause Talk	Annie
11.45 - 12.15	Coffee break	
12.15 - 1.30	Embodying Ageing Gracefully practice	Kalindi
1.30	Lunch - self serve to fit with afternoon schedule	
1.30 - 5.30	Private Treatments	Paola and Susan
2.30 - 4.30	Chats on the Sofa'	Annie and Kalindi to be available
5.30 - 6.30	Q&A session on the day's topics or other that may come up for guests	Annie and Kalindi
7 - 8 pm	Supper	All together
8.30 - 10 pm	Sound Bath	Susan
SATURDAY		
8 - 9 am	Feldenkrais class	Paola
9 - 10 am	Breakfast	
10 am - 11.45	Sexuality - yoni egg talk	Kalindi
11.45 - 12.15	Coffee break	
12.15 - 1.30	Embodied practices - workshop	Kalindi
1.30	Lunch - self serve to fit with afternoon schedule	
1.30 - 5.30	Private Treatments	Paola and Susan

5.30 - 6.30	Twilight Ritual - outside	Kalindi/Paola/Sophie TBC
7 - 8 pm	Supper	All together
8.30 pm - 10 pm	Yoni Steaming and Mud Mask	Kalindi and Sophie
SUNDAY		
8 - 9 am	Feldenkrais class	Paola
9 - 10 am	Breakfast	
10 am - 12.30	Nutrition Talk and making juice shots	Jackie
1 pm	Lunch	Jackie's Menopause Menu!
Round the table/after lunch	Closure comments/sharing	Sophie - and all