



Itinerary

Itinerary changes may occur. All sessions are optional; you may attend as many or as few formal sessions as you like. Or, you can choose to just relax, read a book, sunbathe, stroll in the garden, take some long walks, or sip a cool drink in the gazebo. This is your time to unwind, make new friends, and celebrate yourself.

Monday, July 24

2-5pm: Retreat guests arrive, settle in

5-6 pm: Meet in teaching space for orientation, and introductions

6-7pm: Supper, time to meet informally

7-8 pm: Beginner's Meditation Class

8:30pm: Healing Circle: sharing wisdom, stories, laughter, drumming and songs around the fire

Tuesday, July 25

8 am: Power Walk for Early Risers

8:30 am: Morning Yoga

9:30 am: Breakfast

10:15-10:45am: Breadmaking Class (Part 1)

11am-12pm: Meditation & Introduction to Chakra Toning (come & go as you wish)

12:15-12:30pm: Breadmaking Class (Part 2)

12:30-1:30pm: Lunch

2-3:30pm: Mountain Hike & Meditation with Grandmother Birch

4-5 pm: Fruit Picking

6-7pm: Supper

7:30-8:30pm: Massage or Reiki Treatment

8:30pm: Healing Circle

Wednesday, July 26

8 am: Power Walk for Early Risers

8:30 am: Morning Yoga

9:30 am: Breakfast

9:30-10:45am: Making Jam (Class)

11-12pm: Meditation & Chakra Toning (come & go as you wish)

12:30-1:30pm: Lunch

2-3pm: Visit to Swimming Hole (weather dependent)

3:30-5pm: Massage or Reiki Treatment

6-7pm: Supper

8:30pm: Healing Circle

Thursday, July 27

8 am: Power Walk for Early Risers

8:30 am: Morning Yoga

9:30 am: Breakfast

9:30-10:45am: Herb Walk & Collecting Herbs for Drying (Class)

11-12pm: Meditation & Chakra Toning (come & go as you wish)

12:30-1:30pm: Lunch

2-3pm: Massage or Reiki Treatment

3:30-5pm: Making Chocolate Truffles

6-7pm: Supper

8:30pm: Healing Circle

Friday, July 28

8 am: Power Walk for Early Risers

8:30 am: Morning Yoga

9:30 am: Breakfast

9:30-10:45am: Making Herbal Tinctures (Class)

11-12pm: Meditation & Chakra Toning (come & go as you wish)

12:30-1:30pm: Lunch

2-3pm: Massage or Reiki Treatment

3:30-5pm: Chocolate Party

5:30-6:30pm: Healing Circle

6:30pm: Pack up & head for home

Note: Safe space is always available throughout the weekend, for anyone who needs to talk and share. Just walk up to our friendly host and ask. Information shared will be kept absolutely confidential. Private indoor meditation space is also available.

To Register: see Women's Retreats page at <http://www.willowretreat.com>

Enquiries: 902 295 9009 or info@willowretreat.com

- Retreat price is \$600 (includes camping/accommodation space and all meals)
- Early Bird price is \$550. Cut-off is June 31.
- 50% deposit required to register. Balance due in cash on arrival, or by Paypal at least 2 days prior to retreat start.
- Cancellation Policy: If I cancel: full refund of deposit. If you cancel: full refund of deposit if written cancellation notice received at least 7 days prior to retreat start; otherwise no refunds are granted. No refunds for no-shows.