

REIKI IMMERSION RETREAT 2020

SCHEDULE

Friday 24th January

- 9:30am: Meet at Spirit Earth Reiki (SER) Studio
- 10am: Leave SER as a carpool to Maleny
- 11:00am: Arrive in the small town of Maleny for brunch/wander around quant shops.
- 12pm: Leave Maleny
- 12:30pm: Arrive at Kondalilla.
- Lunch in the Yoga Shala

Agenda

- 1:30pm: Official opening and welcoming ceremony
- 2:30pm: Course {Module 1: Introduction to Reiki III}
- 3-5:30pm: Course {Module 2: Workshop Facilitation}
- 6:30pm: Set-up in rooms
- Dinner
- 8pm: Restorative Yin Yoga & Meditation with Ali (noble silence starts after dinner)

Saturday 25th Jan

Breakfast is self- served each morning in The Lodge with a cafe nearby for coffee runs if requested. *We all clean up after ourselves* which means clearing our own rubbish and food scraps, washing our own plates, cutlery and putting them all away after use. Morning yoga is a tailored vinyasa flow (classes are optional).

Noble Silence is from *9pm Friday evening - 9am Saturday morning, 9pm Saturday evening - after attunements Sunday morning*. This practice provides us the space to be in our own energy and take care of ourselves. It also creates an environment which starts and finishes with minimal external stimulus.

Agenda

- 7am: Yoga with Ali
- 8am- 9am: Breakfast (noble silence finishes at 9am)
- 10am: Course {Module 3: Advanced Healing Techniques 1}
- 1-2pm: Lunch
- 2:30-4:30pm: Course {Module 4: Reiki in your community & globally}
- 5pm: Workshop: Sunflower group with Ali (20 minutes)
- 6pm: Dinner
- 7:30pm: Workshop: Elderberry group with Ali (20 minutes)

Sunday 26th Jan

Sunrise attunements will be held down at Kondalilla waterfall reached by a stunning walk through the early morning rainforest. Please meet outside The Lodge at 6:15am sharp and dress comfortably- runners recommended.

Agenda

- 6am: Sunrise Attunements in nature (noble silence finishes after this) & integration process
- 8:30-9:30am: Breakfast

10am: Course {Module 3: Advanced Healing Techniques 2}

1-2pm: Lunch

3pm-5pm: Course {Module 5: Trauma-Sensitive Practice}

6pm: Dinner

7:30pm: Closing ceremony & certificates

Monday 27th Jan

Check-out of Kondalilla is 11am sharp. If we could all have our bags outside The Lodge by 11am ready to pack into our transport. All plates, cups or cutlery used will need to be cleaned and packed away and accommodation left in a clean and tidy condition.

Agenda

8am-9am: Breakfast

9am-11:30am: Relaxation time/ airport transfers to Brisbane airport as arranged (exact times to TBC)

11:30am: Leave Kondalilla