

RETREAT SCHEDULE

Thursday Aug 29th- Monday Sep 2nd

THURSDAY 29TH

airport pick-ups for students arriving from interstate/overseas

3pm: Meet at Spirit Earth Reiki Studio

Go over logistics of retreat, introduction & welcome

7pm: Dinner (cost included) in West End

FRIDAY 30TH

10am: Meet at Studio & drive to accomodation

12pm: Arrive Montville for lunch (included)

1:20/2pm: Check-in @ Kondalilla Eco Resort

3pm: Official start time of course {opening ceremony, Modules: introduction, Reiki Today & Globally}

6pm: Dinner; rest of evening free

SAT 31ST AUG

7am: Yoga with Ali (students in Noble silence)

8:30-9:30am: Breakfast (students in Noble silence)

10am: Course {Module: Advanced Healing techniques}

1-2pm: Lunch

2:30-5pm: Course {Workshop facilitator training}

6pm: Dinner; rest of evening free

SUN 1ST SEP

6:30am Sunrise Attunements in nature {students in Noble silence}

8:30-9:30am: Breakfast (students in Noble silence)

10am: Course {Modules: Attunement integration, Symbols}

1-2pm: Lunch

3pm: Course {Module: Being a trauma-informed practitioner}

6pm: Closing Ceremony

7:30pm: dinner

8:30pm: Yin Yoga with Ali

MON 2ND SEP

8:30-9:30am: Breakfast (Students in Noble silence)

9:30-11am: Students own relaxation time/check out by 11am

11:30am: Leave Kondalilla (drop students off at Studio/airport)