



Return to Centre

RETREAT SCHEDULE

DURATION - 4 nights and 4 Days

MEET & GREET - Thursday, 23 April 2026

- 17:00** Arrive and settle in at Retreat location
 - 18:00** Dinner
 - 19:00** **Welcome, meet and greet, and intention setting**
 - 20:30** Showers and rest
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DAY 1 SCHEDULE - Friday, 24 April 2026

- 06:00** Morning Drink & Journaling - **intention setting**
- 06:30** **Movement, breathwork, guided meditation**
- 07:30** Breakfast and check-in, sharing and group coaching
- 09:00** **The Science of Numbers** and what your personal numbers and arrows of individuality reveal about you
- 11:00** Bathroom Break
- 11:30** **An introduction to the Metaphysical cause** behind recurring ailments, injuries, illness, and dis-ease and what you can do about them
- 13:00** Lunch - Journal, Siesta, Walk - time to process and integrate
- 15:00** **Major Tool #1 - The Stage** - Theory & Application
- 16:00** Bathroom Break
- 18:00** Dinner
- 19:00** **Inspirational Movie Night**

■ End of Day 1



DAY 2 SCHEDULE - Saturday, 25 April 2026

- 06:00** Morning Drink & Journaling - **intention setting**
- 06:30** **Movement, breathwork, guided meditation**
- 07:30** Breakfast and check-in, sharing and group coaching
- 09:00** **Major Tool #2 - Awareness + 1, 2, 3** - Theory
- 11:00** Bathroom Break
- 11:30** **Major Tool #2 - Awareness + 1, 2, 3** - Application
- 13:00** Lunch - time to Journal, Siesta, Walk - time to process and integrate
- 15:00** **Major Tool #3 - The MAP** - Components 1 and 2 of 6 - Theory & Application
- 16:00** Bathroom Break
- 18:00** Dinner
- 19:00** **Ecstatic Dance & Flow**
- End of Day 2
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DAY 3 SCHEDULE - Saturday, 25 April 2026

- 06:00** Morning Drink & Journaling - **intention setting**
- 06:30** **Movement, breathwork, guided meditation**
- 07:30** Breakfast and check-in, sharing and group coaching
- 09:00** **Major Tool #3 - The MAP** - Components 3 of 6 - Theory & Application
- 11:00** Bathroom Break
- 11:30** **Major Tool #3 - The MAP** - Components 4 of 6 - Theory & Application
- 13:00** Lunch- time to Journal, Siesta, Walk - time to process and integrate
- 15:00** **Major Tool #3 - The MAP** - Components 5 of 6 - Theory & Application
- 16:00** Bathroom Break
- 18:00** Dinner
- 19:00** **Free night / hangout**
- End of Day 3
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DAY 4 SCHEDULE - Sunday, 26 April 2026

- 06:00** Morning Drink & Journaling - **intention setting**
- 06:30** **Movement, breathwork, guided meditation**
- 07:30** Breakfast and check-in, sharing and group coaching
- 09:00** **Major Tool #3 - The MAP** - Component 6 of 6 - Theory & Application
- 11:00** Bathroom Break
- 11:30** **Major Tool #4 - Phases of Change**
- 12:00** **MAP Creative Design Part 1**
- 13:00** Lunch- time to Journal, Siesta, Walk - time to process and integrate
- 14:00** **MAP Creative Design Part 2**
- 16:00** **Pack up**
- 16:00** Sound Bath
- 18:00** Celebration Dinner out - not included

■ End of Retreat