

# Transformational Retreat at Tofte Manor 28<sup>th</sup> April to 30<sup>th</sup> April 2020

	Friday, 28 <sup>th</sup> April	Saturday, 29 <sup>th</sup> April	Sunday, 30 <sup>th</sup> April
08:15 to 09:00		Options: Meditation with Doug in the Yurt, mindfulness walk with Sophia or dip in swimming pool with Jill	Options: Meditation with Doug in the Yurt, mindfulness walk with Jill or dip in swimming pool with Sophia
09:00 to 10:00		Breakfast	Brunch
10:00 to 13:00		“A Gift From Your Soul” Workshop with Doug, Yurt	Astrology Workshop with Alex in the Crystal Room
13:00 to 14:00		Lunch	Lunch
14:00 to 15:00	Arrivals from 15:00 onwards	Guided Labyrinth Experience	Astrology Workshop with Alex in the Crystal Room
15:00 to 16:00	Coffee and cake in Tofte Manor lounge room	Tofte Manor has two wonderful labyrinths. Suzy Castleman, the owner and creator, will tell us everything we need to know about the labyrinths.	Habits and learnings workshop: what do I want to take with me from this retreat? Sekmet Cottage with Jill and Sophia
17:00 to 17:30	Team introduction and programme introduction, Tofte Manor lounge room		<b>17:00</b> <b>End of retreat</b>
17:30 to 18:00	Grounding, connection and setting intentions with Jill, Tofte Manor lounge room	Relax, explore, enjoy the beautiful energy. Suggestions: walk, swim, library, repeat the labyrinth experience, find one of the many comfy spots in the lovely manor and grounds	 <p><i>Journeys</i> <i>with Jill and friends</i></p>
18:00 to 19:00	Talk: Nature Connectedness and Mental Health with Sophia, location weather dependent		
19:00 to 20:00	Dinner in the Main Hall	Celebratory Dinner in the Main Hall	
20:00 to 21:00	Gong Bath with Doug, Yurt	Firepit Ritual of Letting Go and Ceremonial Cacao, at the Firepit next to the Yurt	
21:00 to 23:00	Rest, chat, library or Mandala colouring in the Sekmet Cottage	Dancing and Celebrating, at the Firepit and Sekmet Cottage	