

Barmouth Retreat - Agenda and Terms

Friday 28th March [16:30 - 18:00 Friday Arrival]

- Welcome drinks & snacks and Settle In.
- Group grounding and energy clearing visualization
- Dinner – eating out at a local pub/restaurant
- Supper - Evening Q&A / Sharing circle before bed.

Saturday 29th March [07:30 - 13:00 Morning Activities]

- Breakfast [Continental options – pastries, cereal, yoghurt, toast, eggs]
- Morning crystal healing workshop
- Morning tea break and free time.
- Buffet Lunch [Soup, Crusty Bread & Sandwich options]

[14:00 - 17:00 Saturday Afternoon Activities]

- Trip to the nearby beach to create a Labyrinth Walk Healing & Growth Ceremony.
- Afternoon Tea and Cake
- Oracle Card Divination Workshop with mini meditation
- Free time.

[18:00 - 22:00 Saturday Evening Activities]

- Dinner out at a local pub/restaurant [Includes a main meal and a drink]
- Moonlight Meditation with Inspiration Awen themes.
- Supper – Tea & Toast, Hot Chocolate with Marshmallows & Cream
- Q&A session / Sharing Circle

Sunday 30th March [07:30 - 14:00 Sunday Activities]

- Breakfast and free time
- Optional morning mindful walk
- Creative sacred sound session [with drums, rattles, singing bowls etc]
- Light lunch [Pizza, Pasta & Pesto, Salad and any remaining ingredients]
- Closing ceremony – final crystal energy clearing and grounding.

Free BONUS - Each guest will receive a relaxing Reiki & Crystal therapy with Nicky (value over £45)

Time depending. You may need to substitute the workshop for the therapy session.

This is a 60-minute private session for you to rest and reset.

Free BONUS - Optional extra night stay (Value over £100)

- You are welcome to stay for an extra night as a self-catering guest completely free of charge.
- Explore the area and enjoy the surroundings.
- Check out by 10 am on Monday morning.
- Nicky and Julia are staying an extra night to close down the retreat, packing away and clean the property before departure.
- No activities or meals will be planned, but you are welcome to stay and cook for yourself or order a takeaway etc.

Please note that all activities are invitational. Do as much or as little as you prefer.

Activities are Awen inspired and as such they may change as the creative group energies change.

- *Dietary Requirements – Please check the menu sheet and let us know any preferences.*
- *Reasonable Adjustments – Please let us know any mobility and health issues to ensure that we have time to support you.*
- *Health & Safety – You remain responsible for your own choices, health and safety over the course of the event. Never walk past an unsafe act without reporting the issue to Julia and Nicky.*

Payment terms – Please contact the organiser to arrange a personal payment plan via bank transfer. All payment must be completed by 20th February 2025.

- *Deposits are non-refundable.*
- *Cancellation within 14 days of the event is liable to a £75 admin charge.*