

EMBRACING THE SHADOW RETREAT

FRI 24 - MON 27 OCTOBER 2025

PROGRAM

FRIDAY

- 4.00pm Arrive
- 5.00pm Welcome tour of the venue and facilities
- 6.00pm Evening meal
- 7.30pm Welcome & Introduction to the weekend
- 8.00pm Opening Circle
- 8.30pm Yoga Nidra relaxation & Crystal Bowl Sound Bath

SATURDAY

- 7.30am Morning Practice: Yoga, Breath & Meditation
- 8.30am Breakfast
- 9.30am Check in
- 10.00am Shadow Session 1: How do I know what's in shadow for me?
- 10.45am Break
- 11.00am Shadow Session 2: Talking from parts; the 4 emotions & the 4 archetypes
- 12.30pm Lunch
- 1.30pm Shadow Session 3: Anger & The Action Taker
- 3.30pm Break
- 3.45pm Shadow Session 4: Fear, the Transformer & the Safety Officer
- 4.30pm Free time
- 6.00pm Evening meal
- 7.30pm Circle
- 8.00pm Breathwork Journey

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PROGRAM

SUNDAY

- 7.30am Morning Practice: Yoga, Breath & Meditation
- 8.30am Breakfast
- 9.30am Check in
- 10.00am Shadow Session 1: Grief & The Feeling Body
- 10.45am Break
- 11.00am Shadow Session 2: The Inner Child
- 12.30pm Lunch
- 1.30pm Shadow Session 3: Joy & The Heart Centred Leader
- 3.30pm Free time
- 6.00pm Evening meal
- 7.30pm Circle
- 8.00pm Shadow Ceremony

MONDAY

- 7.30am Morning Practice: Yoga, Breath & Meditation
- 8.30am Breakfast
- 9.30am Clear Rooms
- 10.00am Closing Circle
- 11.00am Depart