

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

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| 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

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