

**Rest and Restore Retreat: Friday 3rd Sept - Sunday 5th Sept 2021**

**Friday 3rd Sept**

Arrive from 4pm	Arrive, tea and snacks served. A change to settle into your surroundings.
5pm - 7pm	Welcome and yoga practice
7.15pm / 7.30pm	Dinner

**Saturday 4th Sept**

7.30am	Early morning walk in silence with short meditation in woodland sanctuary (optional)
8.30am – 9.30am	Breakfast
9.30am – 11am	Gentle yoga
11am	Break
11.45am - 1.45pm	Journalling and meditation: Nature writing (outdoors) with yoga nidra (indoors)
1.45pm - 2.45pm	Lunch
2.45pm – 4.30pm	Free time
4.30pm	Tea and cake
5pm - 7pm	Restorative yoga with yoga nidra
7.15pm / 7.30pm	Dinner

**Sunday 5th Sept**

7.30am	Early morning walk in silence with short meditation in woodland sanctuary
8.30 – 9.30am	Breakfast
9.30am – 11am	Gentle yoga
11am	Break
11.45am - 1.15pm	Moving into autumn workshop with closing ceremony
1.45pm - 2.45pm	Lunch
3 pm	Departure

