

**Winter's Deep Rest Retreat, Monday 12th - Wed 14th December 2022**

**Monday 12th December**

4pm	Arrival, tea and cake served
5pm - 6.30pm	Restorative yoga and yoga nidra
6.30pm	Dinner
8pm	WinterGoodnight yoga nidra session (optional)

**Tuesday 13th December**

7.45am	Outdoor walking meditation - BE WARM!
8.30am – 9.30am	Breakfast
9.30am – 11am	Restorative yoga and yoga nidra
11am	Break
11.30am	Sharing poetry and inspiration in the woodland sanctuary
1pm	Lunch
2pm - 3.30pm	Free time
4pm	Tea and cake
4.30pm - 6.30pm	Restorative yoga with yoga nidra
6.30pm	Dinner
8pm	Sound gong

**Wed 14th December**

7.45am	Outdoor walking meditation (optional) - BE WARM!
8.30 – 9.30am	Breakfast
9.30am – 11am	Restorative yoga and yoga nidra
11am	Break
11.30am - 1pm	Preparing for winter... yoga nidra, journaling, nature in the woodland sanctuary
1pm	Lunch
2pm	Close

