



Full Devon 2017 retreat schedule: Follow your bliss...



This is a provisional schedule and there is the possibility that it may change slightly, as I want to make sure I allow flexibility to create the best possible experience. A basic outline is:

Friday:

- From 5pm: Arrive
- **6.30-7.30pm: Dinner**
- 7.30-9.30pm: Welcome activity, orientation and getting to know each other

Saturday:

- 8-9.30am: Yoga and meditation/breathing exercises
- **9.30-10.30am: Breakfast**
- 10.30-1pm: 'Feel The Fear' workshop
- **1-2.30pm: Lunch**
- 2.30-3.30pm: Mindfulness taster session
- 3.30-4.15pm: Yoga workshop – a chance to conquer our fears around some new poses
- 4.15-7.45pm: Free time – explore the surrounding area, walk in Nature, read, rest, journal, have a beauty treatment or a private coaching session (ask in advance about both these options)
- **7.45pm: Leave for 8pm dinner at River Cottage canteen**

Sunday:

- 8.30-9.30am: Gentle yoga and meditation/breathing exercises
- **9.30-10.30am: Breakfast**
- 10.30am-12.30pm: Martial arts workshop – 'Find the power within'
- **12.30-2pm: Lunch**
- 2-5pm: Vision planning/goal setting and inspiration to take away
- 5pm onwards: Depart