

Weekend Programme St Non's Retreat 7 to 9 May 2010

You may arrive anytime after 4pm Friday, Carol will show you around. You'll have time to settle in, perhaps have a walk or a treatment with Sue. It would be helpful if you could let us know what time you intend to arrive. NB. This programme is intended to offer choice. You can opt in or out of any of it.

Workshops and Meal times

Friday

6.30: Light evening meal

7.30: Welcome, introductions and information about the weekend. Gentle stretching out, releasing tension. Becoming breath aware Exploring the breath and different ways of breathing.

9.00: Relaxation and visualisation.

9.30: Introduction to meditation

Saturday

6 am: early morning call (optional)

6. 20: walk to beach and back

7. 30: Yoga session

8.00: Salute to the sun (10 mins)

8.10: Relaxation

8.15: Meditation

8.30am breakfast

10.00: Yoga session Stretching out the whole body—where do you hold physical tension? Learning ways to let go of tension. Laughing for health and wellbeing.

12.00 : Short Meditation

1.00 : Lunch – main meal

In the afternoon most people will want to go for a walk/ sleep/ shower / bath / read / relax/ have a treatment. However if you feel you would like some structured activity the below sessions will be available. This can be discussed on the day.

2.30 : Yoga Nidra—deep relaxation

3pm to 5pm FREE TIME

5.00 : Yoga session

6.30 : Evening meal

8.30 : Chakra session, relaxation, Visualisation

10.00 : Meditation

Sunday

7.30: Early morning yoga / walk

8.30: Breakfast

Pack up ready to go /strip beds/ load cars

10.30: Raising energy to meet the world . Grounding exercises and laughter.

1pm : Lunch

2.30 : goodbyes

Treatment times

Back, neck and shoulders massage or reflexology

Friday 4.15 to 4.45pm
5.00 to 5.30pm
5.45 to 6.15pm
9.00 to 9.30pm
9.45 to 10.15pm

Saturday 8.00 to 8.30am
9.20 to 9.50am
12.15 to 12.45pm
2.30 to 3pm
3.15 to 3.45pm
4.00 to 4.30pm
5.00 to 5.30pm
5.45 to 6.15pm
8.00 to 8.30pm
10.00 to 10.30pm

Sunday 8.00 to 8.30am
9.20 to 9.50am

If there is a particular time(s) you would like your treatment please let us know and we will try to accommodate you.