

# WITHfest

## Retreat Program

October 8-11, 2020

### Thursday

1pm and 4pm  
6:00pm  
**6:30pm**  
7:30pm  
9:00pm

Airport pick ups - Ballina  
**Welcome Ceremony** - Janella  
**Dinner**  
**Sound Healing and Chanting** - Lydia (90mins)  
Free time in the main house or your room

### Friday

7am - 7:45am  
**9am**  
9:45am  
**11:00am**  
11:30am  
**1:00pm**  
2pm  
**3:30pm**  
3:45pm  
5pm  
  
**6:30pm**  
7:30pm  
**9:00pm**

**Sattva Yoga Journey** - Ritika (90 mins)  
**Breakfast (45 mins)**  
**A Woman's Seasons** - Janella (75mins)  
**Morning Tea (30 mins)**  
**HERstory** - Hilary (75mins)  
**Lunch (60 mins)**  
**Basketry + Fibre Arts** - Zimmi (90mins)  
**Afternoon Tea (15mins)**  
**The 5 Elements** - Janella (75mins)  
Free time: Massage, astrology, nature walks, sauna, swimming  
(90mins)  
**Dinner**  
**Cosmic Evening Journey** - Ritika (90 mins)  
**Free time in the main house or your room/cottage**

### Saturday

7:15am - 7:45am  
**9am**  
9:45am  
**11:00am**  
11:30am  
**1:00pm**  
2pm  
**3:30pm**  
3:45pm  
5pm  
  
**6:30pm**  
7:30pm  
**9:00pm**

**Sattva Yoga Journey** - Ritika (90 mins)  
**Breakfast (45 mins)**  
**Sacred Feminine Power** - Sarah (75mins)  
**Morning Tea (30 mins)**  
**Setting Up Your Own Sacred Altar** (75mins)  
**Lunch (60 mins)**  
**Hormone Yoga Therapy** - Lydia (75mins)  
**Afternoon Tea (15mins)**  
**Yoni Mapping** - Claudine (75mins)  
Free time: massage, astrology, nature walks, sauna, swimming  
(90mins)  
**Dinner**  
**Drumming Session** - Heather (90 mins)  
**Free time in the main house or your room/cottage**

**Sunday**

7:15am - 7:45am

**Sattva Yoga Journey** - Ritika (90 mins)

9:00am

**Breakfast (30 mins)**

9:30am

**Vision Questlette** - Sarah (90mins)

11:00am

**Closing Ceremony** - Janella (30mins)

11:45pm

Depart. Airport transfers will leave for Ballina airport (NSW time).

The **Retreat Program** looks packed, and it is. Yet some of the sessions will be very restful, rejuvenating and/or gentle - like sound healing, meditation and basketry, plus I have scheduled in some down time each day.

