

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
8am - 8:45am
9am
9:45am
11:00am
11:30am
1:00pm
2pm
3:30pm
3:45pm
5pm

6:30pm
7:30pm
9:00pm

Kriya Yoga - Ritika (45 mins)
Hatha Yoga - Ritika (45 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

7am - 7:45am
8am - 8:45am
9am
9:45am
11:00am
11:30am
1:00pm
2pm
3:30pm
3:45pm
5pm

6:30pm
7:30pm
9:00pm

Kriya Yoga - Ritika (45 mins)
Hatha Yoga - Ritika (45 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

7am - 7:45am

Kriya Yoga - Ritika (45 mins)

8am - 8:45am

Hatha Yoga - Ritika (45 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 Coolangatta 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.

