

Wild Within Retreat: An Overview Of The Weekend

The weekend has a gentle structure and rhythm. This overview gives a sense of how the days will unfold and what is available.

	Friday	Saturday	Sunday
Morning		<ul style="list-style-type: none">• Time to wake up/start the day <p>Breakfast (8am-9am)</p> <p><i>Optional morning yoga flow with Louise - dynamic and energetic</i></p> <ul style="list-style-type: none">• Guided woodland walk• Time in nature	<ul style="list-style-type: none">• Time to wake up/start the day <p>Breakfast (8am-9am)</p> <p><i>Optional qigong inspired movement with Louise - mindful movement</i></p>
Afternoon	<p>Arrivals from 3.30pm (4pm start)</p> <ul style="list-style-type: none">• Time to settle in• Facilitated group setup• Prepare your bedroom space	<p>Lunch (1pm-2pm)</p> <ul style="list-style-type: none">• Space to play and explore• Fire making, whittling, willow weaving• Hammocks, slack-line and swings	<p>Lunch (1pm-2pm)</p> <ul style="list-style-type: none">• Facilitated group coaching• Reflections• Closing circle <p>Goodbyes and departures from 3pm</p> <p>Everyone needs to be off-site by 4pm</p>
Evening	<p>Dinner (6pm-7pm)</p> <ul style="list-style-type: none">• Relaxed social gathering <p><i>Optional bedtime yoga with Louise - guided relaxation to support restful sleep</i></p>	<p>Dinner (6pm-7pm)</p> <ul style="list-style-type: none">• Fire circle to celebrate solstice with drinks, tasty treats and relaxed connection	

The timings provided are a guide and may change across the weekend

