

Thursday

18:00
Welcome Circle
with Sara and Jakki

19:00
Dinner Time

20:00
Drumming Circle with
Jakki
followed by
Communal Fire Pit

**Massages can take place
throughout the event
Book your day/time and
choice of treatments with
Jakki. £45 per treatment**

Friday

10:00
Vinyasa Yoga with Sara

11:00
Guided Meditation

12:30
Lunch Time

13:30
Crafting in nature - Macrame

15:00
Paddle boarding

16:00
SUP Yoga with Isis

17:30
Sound Therapy with Jakki

19:00
Dinner Time followed by
Communal Fire Pit



Saturday

10:00
Restore Yoga with Isis

11:30
Guided Awe Walk,
Paddle boarding
or free time

12:30
Lunch Time

13:30
Guided Meditation

14:30
Wellbeing Workshop

16:00
Free Time or Yoga Masterclass

19:00
Sharing Table and Communal
Fire Pit

All activities are optional, join in as much or as little as you wish - this is your time!