

FRIDAY, DEC 4

5:00 - 6:30 PM ARRIVE & SETTLE IN

Find your room, make a cup of tea and enjoy the welcome platter

7:00 PM OPENING CIRCLE

We gather to get to know each other and set our intentions for the weekend

8:00 PM MEET THE FACILITATORS

Get to know the Joyful team and special guests, we will provide a run down of the weekends itinerary

9:00 PM MEDITATION WITH NICK

Settle in with a guided meditation to ground, physically and mentally (30 mins)

9:30 PM TIME FOR SLEEP & SILENCE

Retreat to bed, enjoy a good nights sleep, tomorrow is a big day!



SATURDAY, DEC 5

6:30 AM RISE & SHINE

A bell will wake you. Tea & Fruit available

7:00 AM HOLISTIC EXERCISE

Awake your body and mind with this 60 minute session with Mike

8:15 AM BREAKFAST

Energise your body with a nourishing breakfast (1.5 hours to enjoy and relax)

10:00 AM NATURE IMMERSION & WORKSHOP WITH NICK

We gather for a mindful walk, nature immersion and workshop (2 hour experience)

12:30 - 1:45 PM LUNCH BREAK

Refuel your body with a nourishing lunch and time to chill, reflect and simply be



SATURDAY, DEC 5

2:00 PM WORKSHOP WITH SAM

*Emotional Intelligence workshop with Sam
(Approximate 2 hours)*

4:00 PM - 6:30 PM CHILL TIME

*Take this opportunity to rest, reflect,
journal or get into nature.*

6:30 PM DINNER

Tonight we gather for a group dinner

8:00 PM REFLECTION TIME WITH DANICA

Grab your journal and a pen

8:45 PM CONNECT WITH THE STARS

*Grab a blanket and join us to marvel at
the night sky*

9:30 PM SWEET DREAMS & SILENCE

Rest, retreat and take some time for you



SUNDAY, DEC 6

6:30 AM RISE & SHINE

A bell will wake you. Tea & Fruit available

7:00 AM HOLISTIC EXERCISE

Awake your body and mind with this 60 minute session with Mike

8:15 AM BREAKFAST

Energise your body with a nourishing breakfast (1 hour)

9:30 AM CLOSING CIRCLE

We gather for a final time to reflect and grow from our time together

11:00AM FAREWELL

It's time to integrate your weekend with the outside world

