

DISCOVER

- A NEW PATH -



RETREAT & RESET YOUR COMPASS



RAGLAN, NZ

37.8232° S, 174.8906° E

JOY
FUL

FRIDAY, 23 JULY

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

Welcome to your retreat! Unpack your bags, find your room, make a cup of tea and enjoy the welcome platter:

- Middle Eastern platter with homemade hummus, falafel, pitta bread, olives, dips and salad

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)

9:45 PM SWEET DREAMS & SILENCE

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



SATURDAY, 24 JULY

6:30 AM RISE & SHINE

A bell will wake you. Tea & Fruit available

7:00 AM YOGA FLOW

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

8:30 AM BREAKFAST

*Energise your body with a nourishing breakfast of fresh fruit, granola, coconut yogurt and Raglan made breads.
(1 hour to enjoy and relax)*

9:30 AM NATURE IMMERSION & ENERGY WORKSHOP WITH NICK

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

12:30 - 1:45 PM LUNCH BREAK

Refuel your body with a nourishing lunch of pumpkin soup and artisan bread. Take time to chill, reflect and simply be

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SATURDAY, 24 JULY

2:00 PM WORKSHOP WITH SAM

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

4:00 PM - 6:30 PM CHILL & AFTERNOON TEA

*Take this opportunity to rest, reflect and enjoy
some afternoon tea*

6:30 PM DINNER

*Tonight we gather for a group dinner and
will enjoy a delicious Sri Lankan Curry*

8:00 PM REFLECTION TIME WITH DANICA

*Let's gather around the fire for some
reflection time. You will be guided through a
series of thought provoking and insightful
questions. (Please bring a journal and pen)*

8:45 PM CONNECT WITH THE STARS

*Grab a blanket and join us to marvel at
the night sky with some acoustic tunes.*

9:30 PM SWEET DREAMS & SILENCE

Rest, retreat and take some time for you



SUNDAY, 25 JULY

6:30 AM RISE & SHINE

A bell will wake you. Tea & Fruit available

7:00 AM GENTLE YOGA FLOW

Awake your body and mind with this 60 minute session

8:30 AM BREAKFAST

Energise your body with a nourishing breakfast of apple crumble style porridge, fresh fruit and coconut yogurt (1 hour)

10:00 AM CLOSING CIRCLE

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

11:30 AM - 12 NOON. FAREWELL

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

