



Retreat Programme

15 August 2025, 9:30 - 16:30

**Other than arrival and departure times, we do not include activity times on this programme. This is to help you immerse yourself in the experiences and allow yourself to be guided through the eight types of Rest.*

09:00 Arrive, Register, and Gather

Please arrive early so you can enjoy a cup of herbal tea and get to know us before we begin promptly at 9:30

Movement & Breathing

Shake out excess nervous energy and restore your breath

Introductions

A new way of connecting with one another

Mindful Meditation and Group Energy Coaching

Releasing excess tension, setting intentions, inspire self-awareness, connect with your internal ecosystem

Yoga

Ground yourself to place, release physical tension, increase body awareness

Forest Bathing with Nature Sound Immersion

Full body, mind and spirit mindfulness experiences to connect with your external and internal ecosystems and regenerate a sense of elevated wellbeing

Free Time

*Remain with the sound, continue with journalling, visit with new friends, sit by the lake, or wander through the woodland. *You may be scheduled for a Kinesiology treatment during this time.*

Lunch

Gather as a group to share a plant-based lunch catered by Patch, a plant-led restaurant in Colchester.

Concurrent Sessions

Nature Art

Essential creative rest. No pressure, just fun. There are plenty of opportunities.

Mindful Meditation & Nature Sound Immersion

Restorative nature sounds & vibrations.

Group Energy Coaching

A continuation of where you left off in the morning.

Yoga

Another chance for a gentle yoga session to help maintain energy, creative and mental flow.

Plant Music Discovery & Nature Music Making

Listen to live music from the plants around you and create music with them. You are welcome to bring a musical instrument for this.

Journalling

Spend solo time reflecting or redefining your wellness intentions, going through your Nature Wellbeing Guidebook or designing your Wellness Plan. Your coach is on hand to support you with this.

Individual Kinesiology

Sessions are scheduled throughout the day. More information will be provided for you closer to the date.

Final Circle and Tea Ceremony