

Wild n Awake – 3 Day Retreat.

26th – 28th June 2019

Wednesday 26 th June 2019 Low Tide – 9.10am High Tide – 3.30pm	
Session and Time	Session Description
10.00 – 11.00am Arrival at North Star Holiday Resort.	check in at Reception and settle into accommodation.
11.00 – 12.30pm Welcome and introduction	General discussion about how to approach the retreat. Exploration of Mindfulness.
12.45pm Lunch	Lunch
1.30pm A Mindful walk around Hastings Point	Our Trek will include periods of silent walking, sitting and exploring and learning about the ecosystems we encounter.
4.00pm Afternoon tea	On the Headland
4.30pm Ocean Gazing	Find a place to gaze quietly out to sea as the sun goes down
6.30pm Dinner	
7.30pm Nightwalk	Walk to Headland for stargazing
9.30pm Suggested bedtime (early start tomorrow)	
Thursday 27 th June 2019 L.T -9.50am H.T – 4.20pm	
5.30am – 7.30am	Walk to a sit spot on the Headland to watch the day begin. Gentle Stretching to start the day.
8.00am Breakfast	Rest time after breakfast
9.30am – 12.00pm Rocky Shore discovery and Ocean Gazing	Learn about and explore the Rocky Shore to discover the great community of life found there. Conclude this session with a silent meditation on the headland.
12.30pm Lunch	
1.00pm- 2.15pm Siesta/ quiet time	
2.30 – 5.30pm Silent Kayak Adventure	Allow the last of the incoming tide to gently carry us up into the deep peace and quiet of the Estuary and Mangroves.

6.30pm Dinner	
7.30pm Session with Ted Brambleby	Ecological insight and microscope session with Ted Brambleby in the Marine Museum
Friday 29 th June 2019	
5.30am Morning Meditation	A walk across the road to the beach for a Sunrise meditation and stretch
7.15am Breakfast	Pack up and check out after breakfast
9.00am Sitting in Nature	In a sit spot (TBA) we further explore mindfulness and earthing.
11.00 – 2.30pm Beach Walk	With a picnic lunch in our Packs we silently walk the long beach soaking up the last few hours of our retreat. There will also be periods of exploring and learning.
2.30 – 3.00pm conclusion	Sharing circle to reflect upon our time and prepare to return home.
3.30pm Home time	