



# The Sacred Art of Relating

## Timetable

Archetypes Yoga Dreams Meditation Personality types  
Spirituality Creativity Mask Therapy Dance

### Sunday 7<sup>th</sup>

1-1:20pm	Intro	
1:20pm-2pm	Warm up	With James
2pm-4pm	Intro to the SAVE relationships inventory	With Nic
4pm-5pm	Overview	
6pm-8pm	Group Dinner	

### Monday 8<sup>th</sup>

7am – 8:30am	Yoga, pranayama & meditation	With James
8:30 – 10am	Breakfast	
10am-12:30pm	Therapeutic relationship exercises	With Nic
12:30pm-2:30pm	Lunch	
2:30pm-4pm	Transforming with the neutral mask	With James
4pm-5:30pm	Interface and inner space - The shared mask.	With Carla
5:30pm-6pm	Debrief	

### Tuesday 9<sup>th</sup>

7am – 8:30am	Yoga	With Ketut
8:30 – 10am	Breakfast	
10am-12pm	Healing in Bali	With Ketut
12:30pm- 4pm	Exploring Relational space -5Rhythms®	With Tim

### Wednesday 10<sup>th</sup>

7am – 9am	Zazen and Kinhin	With Hamid
9am – 10:30am	Breakfast	
10:30am-11:30am	Zen in therapy	With Hamid
11:30am-1pm	Stretching the persona	With James
1pm on	Free time with option to visit Anom the mask maker	

### Thursday 11<sup>th</sup>

7am – 8:30am	Yoga, pranayama & meditation	With James
8:30am-10am	Breakfast	
10am-12pm	Image-in-ing together - The moving artist and the moved witness	With Carla
12pm-2pm	Lunch	
2pm-5:30m	Overview, Debrief & Closing	With Nic

### Friday 12<sup>th</sup>

8am-2pm	White Water Rafting	
3pm-6pm	Water Blessing	