



The Sacred Art of Relating Retreat

April 24-26th 2015 Timetable

Hepburn Springs

Archetypes Yoga Dreams Meditation Personality types
Spirituality Creativity Mask Therapy Dance

Friday 24th

2-6pm	Check in	
6:30-7:30pm	Dinner	
7:30-9:30pm	The Sacred Art of Relating Introduction - exploring the 'we' space	With Nic & Carla
9:30-10pm	Overview of the weekend	

Saturday 25th

8am-9am	Yoga	With Ostii
9am-10am	Breakfast	
10-12pm	Working with the SAVE relationships Inventory & the Tree of Life Relationships Inventory	With Nic
12-2pm	Lunch	
2-5pm	Working with E-Motion	Nic & Carla
5-7pm	Free time	
7-8pm	Dinner	
8-10pm	Dancing through the Holon	With Nic

Sunday 26th

8am-9am	Yoga	With Ostii
9am-10am	Breakfast	
10-12pm	Healing trans-generational wounds	With Carla
12-1pm	Lunch	
1pm-2:30pm	Embodying your archetype	With Carla
2:30pm-4pm	Sitting in Relationship - Conclusion	With Nic