



🌱 Retreat Overview: A Journey of Inner Connection, Healing & Joy 🌱

A gentle blend of self-discovery, community, and soul-nourishing practices

🌀 Day 1: Arrival & Welcoming the Journey

- Arrival (Time TBC) – Greeted by the joyful voices of children through song & dance
 - Evening Meal & Opening Circle – from 7:00 PM
 - Welcome dinner and sharing intentions
 - Introduction to “Parts” work
 - Optional 1:1s (15–30 mins each)
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🌄 Day 2 – Awakening & Connection

- 6:00 AM – Morning Meditation & Guided Journalling
- 7:30–10:00 AM – Breakfast & Nursery Visit
- 10:00–11:30 AM – Dance Movement Therapy
- 11:30 AM–12:30 PM – Workshop
- 12:30 PM – Lunch
- 2:30–4:30 PM – Self-Reflection & Rest
- 4:30–5:30 PM – Sharing Circle
- 5:30–8:30 PM – Cacao Ceremony & Evening Sound Journey
- 8:30 PM – Dinner

Day 3: Exploring the Inner Child

- 6:00 AM – Self-Massage, Chakra Toning & Parts Exploration
 - 7:30–9:00 AM – Breakfast
 - 9:00–9:30 AM – Journalling on Voice & Expression
 - 9:30 AM–12:30 PM – Family Constellation Therapy
 - 12:30 PM – Lunch & Reflection (Optional 1:1s with Gemma or Christian)
 - 2:30–4:30 PM – Singing & Dancing with Local Children
 - 4:30 PM onwards – Rest
 - 6:00–7:00 PM – Optional Mindful Run or Workshop with Gemma
 - 7:30 PM – Dinner
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Day 4: Balancing Inner Masculine & Feminine

- 6:00 AM – Meditation Journey Through Life & Beyond + Journalling
- 7:30 AM – Breakfast
- 9:00–10:30 AM – Core Values Workshop
- 10:30 AM–12:30 PM – Energy Work & Somatic Practices
- 12:30 PM – Lunch
- 1:00–6:00 PM – Visit to Local School
- 6:30 PM – Fire Ceremony & Tribal Council: Cord Cutting & Intention Release

Day 5: Self-Expression & Personal Power

- 6:00–9:30 AM – Breathwork & Voice Activation for Confidence
 - 8:30 AM – Breakfast served during group share
 - 9:30 AM–12:30 PM – Creative Workshop
 - 12:30 PM – Light Lunch
 - 1:00–6:00 PM – Visit to Second Community Centre
 - 6:00 PM – Dinner & Self-Reflection
 - 7:30 PM – Dance, Sound Healing & Integration Circle
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Day 6: Festival Day & Farewell

- Morning – Meditation and Journalling
 - 10:00 AM - 5:00 PM – Community Festival (with lots of exciting surprises)
 - 7:00 PM – Closing Fire Ceremony & Goodbye Dinner
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Join us on this journey of transformation and connection! For more information, contact us at:

info@greatmindsbrightfutures.co.uk Great Minds Bright Futures – Empowering communities, enriching lives.