

HEALING – SUMMIT

EST. 2014

THE HEART RETREAT

Arrival Day	Time	Session	Speaker
	2.00 PM	ARRIVAL CHECK-IN	Location: Broughton Hall
	6.00 PM	WELCOME DINNER	Location: Utopia

Day 1 Nov. 1	Time	Session	Speaker
	7.45 AM	BREAKFAST	Location: Utopia
	9.00 AM	WELCOME	Anne Biging, Dr. Elisabeth Ixmeier Founders HEALING HOTELS OF THE WORLD and HEALING SUMMIT
	9.10 AM	SESSION AND SHARING: ALL ABOUT THE HEART	David Behrens Breathwork, Mindfulness and Meditation Teacher
	10.10 AM	BREAK	
	10:40 AM	SESSION AND SHARING: THE YOGA OF ACTION. HOW TO STAY CONNECTED WITH YOUR INNER HEART	Velleda Dobrowolny Intuitive Life Coach & Meditation Teacher
	11.45 AM	YOGA ASANA: EMBODIED EXPLORATION OF OUR WHOLE SELF	Anji Gopal BackCare & Women's Health, Yoga Teacher & Osteopath
	12.45 AM	HEALTHY HAPPY LUNCH	Location: Utopia
	2.00 PM	HEALING SESSION: GOING DEEPER AND HIGHER	Vanessa Paige Transformational Whole Life Coach
	3.10 PM	BREAK	
	3.40 PM	FIRESIDE TALKS AND CONVERSATIONS: STORIES OF TRANSFORMATION	In Conversation: Kim Polman Co-Founder and Chair of "Reboot the Future", Author & Board Member
	4.40 PM	TREAT YOURSELF WELL: SPEND TIME IN AVALON WELLBEING CENTRE OR ENJOY MASSAGES (NEED TO BE BOOKED) OR PERSONAL HEALING SESSIONS WITH PRACTITIONERS	Location: Avalon Wellbeing Centre

6.00 PM	DELICIOUS DINNER AND MEANINGFUL CONVERSATIONS WITH NEW FOUND FRIENDS	Location: Utopia
7.00 PM	ENJOY A MAGICAL SOUND BATH WITH PARIS TEMPEST	Paris Tempest

Day 2
Nov. 2

Time	Session	Speaker
7.00 AM	YOGA AND MORE: THE HEALTH OF OUR BODY DETERMINES HOW WE LIVE, MOVE AND INTERACT WITH THE WORLD	Anji Gopal BackCare & Women's Health, Yoga Teacher & Osteopath
7.45 AM	BREAKFAST	Location: Utopia
9.00 AM	SESSION AND SHARING: INNER AND OUTER WEALTH	Velleda Dobrowolny Intuitive Life Coach & Meditation Teacher
10.30 AM	BREAK	
11.00 AM	YOGA ASANA: EMBODIED EXPLORATION OF OUR WHOLE SELF	Anji Gopal BackCare & Women's Health, Yoga Teacher & Osteopath
11.45 AM	SESSION AND SHARING: THE MIND AND THE HEART	David Behrens Breathwork, Mindfulness and Meditation Teacher
12.30 PM	LUNCH: BE NOURISHED, SHARE AND REST	Location: Utopia
2.00 PM	HEALING SESSION: HEALING SESSIONS THROUGH A COMBINATION OF BEEJA MANTRAS AND VIBRONIC SOUNDS	Dr. Shruti Nada Poddar Nada (Vibrational) Healer, Musician, Educationist and Mentor
3.00 PM	BREAK	
3.30 PM	FIRESIDE TALKS AND CONVERSATIONS: STORIES OF TRANSFORMATION	In Conversation Roger Tempest
4.30 PM	TREAT YOURSELF WELL: SPEND TIME IN AVALON WELLBEING CENTRE OR ENJOY MASSAGES (NEED TO BE BOOKED) OR PERSONAL HEALING SESSIONS WITH PRACTITIONERS	Location: Avalon Wellbeing Centre
6.00 PM	SEE WHAT'S FOR DINNER?	Location: Utopia
7.00 PM	FIRE TEMPLE EXPERIENCE	

Day 3 Nov. 3	Time	Session	Speaker
	7.00 AM	YOGA FOR BACKCARE	Anji Gopal BackCare & Women's Health, Yoga Teacher & Osteopath
	7.45 AM	BREAKFAST	Location: Utopia
	9.00 AM	HOW ARE YOU ON DAY THREE OF THE RETREAT: LET'S TALK	Group sharing
	10.00 AM	BREAK	
	10.30 AM	FOREST BATHING – NATURE RECOVERY WALK AND TALK	
	1.00 PM	LUNCH: LET'S SEE HOW OUR BODIES RECEIVE THE EXQUISITE FOOD	Location: Utopia
	2.00 PM	YOUR CHOICE: OUTDOORS: <ul style="list-style-type: none"> • WILD SWIMMING • WOODLAND JACUZZI • SAUNA INDOORS: <ul style="list-style-type: none"> • POOL AND SAUNA • HOLISTIC TREATMENTS (NEED TO BE PRE BOOKED) • INDIVIDUAL HEALING SESSIONS 	
	4.00 PM	BREAK	
	4.30 PM	FIRESIDE TALKS AND CONVERSATIONS: ALL OF US	Group sharing
	6.00 PM	GALA DINNER IN THE 900- YEAR- OLD HALL	Location: Broughton Hall

Departure Day	Time	Session	Speaker
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7.00 AM	BREAKFAST AND CHECK-OUT	Location: Utopia
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Schedule is subject to change