

We look forward to sharing this special experience with you.

### Retreat Facilitators



**Holly Dutton**  
*Retreat Facilitator  
and Yoga Teacher*



**Cherry Pearce**  
*Yoga Teacher,  
Meditation  
& Sound Healing*



**Shannon**  
*Candle Making Classes*

*“Thank you for a beautiful weekend. Reminded me of the importance of finding stillness and gratitude, and the difference that makes to my day to day life.”*

### Itinerary\*

#### DAY ONE

**AFTERNOON:** Guests arrive and settle in. Greeted with fresh juice, tea and raw balls  
Welcome & gentle grounding  
Slow Flow Class with Holly & Cherry

**EVENING:** Dinner  
Cacao ceremony,  
Sound Healing and  
Yoga Nidra

#### DAY TWO

**MORNING:** Optional beach swim  
Morning yoga practice, meditation & journaling  
Breakfast  
Candle making class

**AFTERNOON:** Lunch  
Free time  
Group walk to Pinkys  
Make your own fresh juices

**EVENING:** Dinner  
Yin, essential oils,  
sound healing & meditation

#### DAY THREE

**MORNING:** Optional beach swim  
Morning yoga practice, meditation & journaling  
Breakfast  
Check out