

SUMMER RETREAT PROGRAMME AUGUST 2019

Monday 19	3pm–5pm	Refreshments available.
	5pm – 6pm	Group welcome and meditation.
	6pm – 7.30pm	Supper.
	7.30pm – 9.00pm	Session 1: <i>The Tree of Life as a Spiritual Map.</i>
Tuesday 20	8am – 8.30am	Group Meditation.
	8.30am – 9.45am	Breakfast.
	10am – 11.30am	Session 2: <i>Archangels in our daily life and work. Creative desires for your highest good. Journey – Kavanah (setting intentions).</i>
	11.30am – 12 noon	Refreshment break.
	12 noon – 1.30pm	Session 3: <i>Supernal Archangels and Soul Evolution. Advanced Zera Meditation.</i>
	1.30pm – 3pm	Lunch break and free time.
	3pm – 3.30pm	Afternoon tea.
	3.30pm – 5pm	Session 4: <i>Walking the Tree of Life map to experience the Archangels as wise guides and supporters.</i>
	5pm – 5.30pm	Group Meditation.
	5.30pm – 6.30pm	Free time before supper.
6.30pm – 8pm	Supper.	
8pm – 9pm	Coming together to share insights and experiences.	
Wednesday 21	8am – 8.30am	Group Meditation.
	8.30am – 9.45am	Breakfast.
	10am – 11.30am	Session 5: <i>Working with Your Radiant Being: Guardian, Guide, Protector. Journey: Your Soul's Purpose.</i>
	11.30am – 12 noon	Refreshment break.
	12 noon – 1.30pm	Session 6: <i>The Shekinah as 'Queen of Light'. Journey – Meeting The Shekinah.</i>
	1.30pm – 3pm	Lunch break and free time.
	3pm – 3.30pm	Afternoon tea.
	3.30pm – 5pm	Session 7: <i>The Four Faces of The Shekinah in your Life.</i>
	5pm – 5.30pm	Group Meditation.
	5.30pm – 6.30pm	Free time before supper.
6.30pm – 8pm	Supper.	
8pm – 9pm	Coming together to share insights and experiences.	
Thursday 22	8am – 8.30am	Group Meditation.
	8.30am – 9.45am	Breakfast.
	10am – 11.30am	Session 8: <i>Grounding – How to carry forward your intentions.</i>
	11.30am – 12 noon	Refreshment break.
	12 noon – 1.30pm	Session 9: <i>Closing and blessings.</i>
1.30pm – 3pm	Lunch break and goodbyes.	