

Sample Programme – Full Day

| <i>Time</i> | <i>Session</i> | <i>Description</i> |
|-------------|------------------|--|
| 8.45am | | Arrive for 9am start |
| 9am | Yoga | The day will start with basic Japanese/Hatha Yoga style exercises designed to (re)connect us with our breath and body. There will be a focus on experiencing our energetic and physical core (known as “hara” in the Japanese tradition). As we strengthen/connect with our core, the rest of the body can start to relax and we can start to balance the other major energy meridians, inviting harmony and peace into our lives. |
| 10am | Qi Gong | Continuing with the focus on the body’s energy systems, a session of Qi Gong, which translates as “energy work”, offers the opportunity for us to start to connect with the more subtle energies of our bodies, minds, hearts and souls. Consciously working with these energies can bring about profound changes in our wellbeing. |
| 11am | Cooking class | A demonstration of how to prepare Pumpkin and Adzuki Bean Stew (great for replenishing the kidneys and nourishing the spleen) and a sugar-free vegan sweet treat. |
| 12.30pm | Lunch | |
| 1.30pm | Partner Yoga | Japanese Yoga also has a strong tradition of partner work. Just as there is a yin-yang relationship within ourselves, there is also a yin-yang relationship external to us. Partner Yoga offers the opportunity to learn how to be comfortable in both roles of giving and receiving, sensing into what each person needs/desires in each moment. |
| 2.30pm | Partner Shiatsu | Partner Shiatsu will continue to explore the relationship we have with ourselves in relation to others. Participants will be instructed through, and share with each other, a shiatsu massage routine. |
| 3.30pm | Sound Meditation | Employing the incredible tones of Tibetan singing bowls, this meditation guides participants through a process of release of that which no longer supports us and an embracing of what we are seeking more of in our lives. |
| 4.30pm | Gratitude Circle | At the end of the day, participants are invited to stand in their sense of tribe/connection with each other and express their gratitude openly or privately, as they feel comfortable. |
| 4.45pm | | Head home ☺ |