

WEDNESDAY, 7TH OCTOBER
DAY 1

THE MOTHER ARCHETYPE
SAFETY, BELONGING, NOURISHMENT, INNER
FEMININE HEALING

14:45 – 15:30 <i>Welcome & Nourish</i>	●	Arrival and Check-in & Welcome Snacks
16:00 – 16:45 <i>Orientation</i>	●	Retreat Framework; Introduction to Archetypes, Somatic work and breathwork
17:00 – 17:30 <i>Groundwork for nervous system regulation</i>	●	The Four Pillars of Safety – physical, emotional, sexual, and spiritual
17:30 – 18:00 <i>Pause & Reflect</i>	●	Pause and Reflect
18:00 – 18:30 <i>Healing & Wholeness</i>	●	The Mother Within: Embodied Feminine and Safety
18:30 – 19:30 <i>Experience</i>	●	Somatic Session & Transformational Breathwork: A deep breathwork journey to access the unconscious and integrate transformation
20:00–21:00 <i>Nourish</i>	●	Dinner

THURSDAY, 8TH OCTOBER
DAY 2

THE MAIDEN ARCHETYPE

CURIOSITY, VITALITY, INNOCENCE, SENSUAL AWAKENING

08:30 – 9:30 <i>Nourish</i>	●	Breakfast & nourish to begin the day
9:30 – 10:30 <i>Expand</i>	●	Conscious conversation; Integration; Archetypal Journey
11:00 – 12:00 <i>Experience</i>	●	Morning Somatic Practice – Breath, Movement & Sensory Embodiment
12:00 – 12:30 <i>Pause</i>	●	Pause and Reflect
12:30 – 13:00 <i>Healing & Wholeness</i>	●	Reconnect with Lost Parts – Aliveness, Curiosity, Innocence
13:00 – 14:30 <i>Nourish</i>	●	Lunch
14:30 – 16:00 <i>Pause & Reflect</i>	●	Rest, journal, walk in nature.
16:00 – 16:30 <i>Experience</i>	●	Yoni Reflexology Breathwork – clearing stored imprints
16:30 – 18:00 <i>Somatic Healing</i>	●	Safety in Pleasure & Sensuality – Therapeutic Breathwork Journey
19:00 – 20:00 <i>Nourish</i>	●	Dinner & Evening Rest

FRIDAY, 9TH OCTOBER
DAY 3

THE WILD WOMAN ARCHETYPE
*BREAKING PATTERNS, SHAKING OFF
REPRESSION, BOUNDARIES, FREEDOM*

08:30 – 9:30 <i>Nourish</i>	●	Breakfast & nourish to begin the day
9:30 – 10:30 <i>Expand</i>	●	Conscious conversation; The Four Shadow Selves
11:00 – 12:00 <i>Experience</i>	●	Morning YOGA – Boundaries as Power
12:00 – 12:30 <i>Pause</i>	●	Pause and Reflect
12:30 – 13:30 <i>Somatic Inner Recovery</i>	●	Shadow Mapping: The Journey to the Underworld – Recovering the Lost Self Practice
13:30 – 14:30 <i>Nourish</i>	●	Lunch
14:30 – 16:00 <i>Pause & Reflect</i>	●	Rest, journal, walk in nature.
16:00 – 16:30 <i>Experience</i>	●	Embodied Freedom – Somatic Movement Journey
16:30 – 18:00 <i>Somatic Healing</i>	●	Therapeutic Breathwork Session – Fire Breath
19:00 – 20:00 <i>Nourish</i>	●	Dinner & Evening Rest

SATURDAY, 10TH OCTOBER
DAY 4

THE QUEEN ARCHETYPE
SOVEREIGNTY, INNER AUTHORITY, LOVE

08:30 – 9:30 <i>Nourish</i>	●	Breakfast & nourish to begin the day
9:30 – 10:30 <i>Expand</i>	●	Conscious conversation: Power, leadership, and the ecology of thriving
11:00 – 12:00 <i>Experience</i>	●	Morning Somatic Practice – embodied power and authority
12:00 – 12:30 <i>Pause</i>	●	Pause and Reflect
12:30 – 13:00 <i>Somatic Healing</i>	●	Embodied Sovereignty – Somatic exploration of love, leadership, and boundaries in relationships
13:30 – 14:30 <i>Nourish</i>	●	Lunch
14:30 – 16:00 <i>Pause & Reflect</i>	●	Rest, journal, walk in nature, or enjoy a massage.
16:00 – 16:30 <i>Healing & Wholeness</i>	●	Somatic Meditation: I Take My Rightful Seat in Life
16:30 – 18:00 <i>Somatic Healing</i>	●	Embodied Queen – somatic movement journey & Therapeutic Breathwork Session
19:00 – 20:00 <i>Nourish</i>	●	Dinner & Evening Rest

SUNDAY, 11TH OCTOBER
DAY 5

THE SAGE ARCHETYPE
CLARITY, DISCERNMENT, INTEGRATION

08:00 – 9:00 <i>Nourish</i>	●	Breakfast & nourish to begin the day
9:00 – 10:30 <i>Expand</i>	●	Conscious conversation; Embodied Discernment: direction and the ability to move through life from inner knowing
10:30 – 11:45 <i>Experience</i>	●	The Three Harmonies: Body, Heart & Inner Knowing; Closing Breathwork
11:45 – 12:15 <i>Check-out</i>	●	Check-out & farewells
12:30 – 13:15 <i>Closing</i>	●	Final Circle & Integration
13:00 – 14:30 <i>Nourish & Pause</i>	●	Lunch & Goodbye
15:00	●	Departue