

The
RETREAT

SATURDAY

31.8.24

1830

Arrival at Villa Glory

1900

Tapas and Sangria by
Emma at Graze

2000

Open Circle Practice

2130

Restful Sleep ...

ARRIVAL

The
RETREAT
SUNDAY
1.9.24

07:30 - 09:30

Breakfast

10:00-10:30

Intention Circle

11:30 - 11:45

Comfort Break

11:45 - 13:00

Future Visualisation

13:00-14:00

Nourishing Lunch

14:00-15:00

Future Self Ceremony

15:00 - 17:00

Downtime & Self Cares

17:15 - 17:30

Closing Circle

18:45 - 19:00

Pre Dinner Drinks

19:00 - 22:00

Chilled Evening Meal by
Emma at Graze

DAY 1

The
RETREAT

MONDAY

2.9.24

- 07:30-0900** Breakfast
- 09:00 - 10:00** Morning Walk
- 11:00 - 13:00** Heart Opener &
Embodiment Practice
- 13:00-14:00** Nourishing Lunch
- 14:00-16:00** Goddess Archetype
Ceremony
- 16:00-18:30** Free Time
- 19:00 - 19:45** Pre Dinner Drinks
- 19:45 - 22:00** Goddess Banquet - Private
Chef

DAY 2

The
RETREAT

TUESDAY

3.9.24

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|----------------------|---------------------------------------|
| 07:00-08:00 | Breakfast |
| 08:15 | Transfer to Cave Yoga |
| 09:00 - 10:30 | Cave Yoga Experience |
| 10:30-11:30 | Es Vedra viewpoint - New Moon Ritual |
| 11:30-13:00 | Beach and Shops |
| 13:00-15:00 | Lunch at Sunset Ashram |
| 15:00 | Transfer to Villa Glory |
| 16:00 - 18:30 | Villa Chill Time |
| 18:30 - 19:00 | Pre Dinner Drinks |
| 19:00 - 22:00 | Relaxed Evening Meal by Emma at Graze |

DAY 3

The
RETREAT

WEDNESDAY

4.9.24

- | | |
|----------------------|---|
| 07:30-09:30 | Breakfast |
| 10:00-12:00 | Quantum Jumping Exercise |
| 12:30-13:30 | Nourishing Buddha Bowl
Lunch at Glory |
| 13:30 - 15:00 | Grounding Exercise &
Manifesting Future Self |
| 15:30 - 18:00 | Free Time |
| 18:30 - 19:00 | White Party Drinks |
| 19:00-21:00 | White Party Meal - Relaxed
Graze Ibiza by Emma |
| 21:00 ... | White Party |

DAY 4

The
RETREAT

THURSDAY

5.9.24

06:30-07:30 Breakfast

08:00 Airport Transfers

DEPARTURE