

“FROM ILLNESS TO WHOLENESS” – Retreat Overview

The scheduled activities start daily at 7am and finish by 7.30pm on most days

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
	Understanding Health/ Healing/ Illness	Key Takeaway + Sharing	Key Takeaway + Sharing	Key Takeaway + Sharing	Key Takeaway + Sharing	Key Takeaway + Sharing	Re-entry & Follow-Up
		Cancer - Physical & Symbolic View - Physical Treatments	Immunity/ Energy/ Stressors (<i>Tai Chi</i>)	Emotional Stressors (<i>Worksheet + Shake-out/ Tonglen/ Gazing</i>)	Mapping of Stressors (<i>Worksheet</i>)	Finding Purpose (<i>PEP Briefing</i>)	Metta Practice (<i>Laying Of Hands</i>)
	Lifeline (<i>Worksheet</i>)				Letting Go (<i>Fire Ritual</i>)	(<i>PEP Activity + 1-on-1 Coaching</i>)	Wrap-up, Feedback, Close (<i>Worksheet + Post-box</i>) Lunch
ILLNESS/ HEALTH					WHOLENESS/ GROWTH		
	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	
	Personal Values (<i>Worksheet</i>)	Explaining Cancer (<i>Role Play</i>)	Physical Stressors: (<i>Worksheet & Handout</i>)	Systemic Stressors (<i>Worksheet + Campfire/ Ho'o'ponopono</i>)	Follow Your Bliss (<i>Outing tbc</i>) (<i>Movie: Bucket List</i>)	(<i>PEP Activity + 1-on-1 Coaching</i>)	
4pm: Registration	Shadow (<i>Worksheet</i>)	Giving Shape To Cancer (<i>Clay-work</i>)	Five Elements (<i>Body-work</i>)	Spiritual Stressors (<i>Worksheet</i>)			
Intros + My Cancer Story	Where Am I Today (<i>Drawing</i>)	Death, Mortality & Loss (<i>Worksheet</i>)	Mental Stressors (<i>Worksheet</i>)	Spiritual Stressors (<i>Heart Opening + Surrender + Gift</i>)	Illness As A Wake-Up Call (<i>Finding Meaning</i>)	PEP Presentations	
(<i>Values Q</i>)		(<i>Satsang</i>)	(<i>Emotions Q</i>)			(<i>Group Dinner</i>)	