

# Forest Bathing Overnight Retreat - Sun 6 Oct

## Itinerary Overview



To really master forest bathing it is essential to fine tune your senses to take in the forest. Learn how to find yourself in the company of trees or more succinctly master the practice of creating physical and psychological wellness through immersion in the natural environment.

### Sunday 6 October

3pm Check In Moss Vale Glamping Site for your overnight package which includes 2 x 90 minute sessions, dinner, our twin share luxury bell tent accommodation, breakfast and a 2 hour session on Monday before check out at noon. Total Package \$650 pp twin share

#### 3.30pm – 5pm Session 1: Connect

In this afternoon session we take some time to connect to ourselves and each other through nature. You will experience guided sensory awareness activities to help you slow down and let go of the busyness of your day-to-day life while bringing your awareness to the pleasures of the present moment. You will begin to ground yourself and find stillness through the age-old practice of sit spot meditation which invites you to expand your awareness and sense of interconnectedness.

6.00pm Dinner

#### 8pm – 9,30pm Session 2: Dream

We begin this night time session in the same place we left off the afternoon session, in your sit spot location. Build your sense of curiosity and wonder as you experience the same place in a completely different way. We spend time connecting with nature through the darkness and create a safe space for you to dream and let your mind wander. You will connect to each other around the fire with storytelling shared through the ancient practice of sacred circles.

10pm Sleep

### Monday 7 October

7.30am – 9am Breakfast

#### 9.30am – 11.00 Session 3: Play

After a wonderful night's sleep and breakfast you are invited back out into nature to nourish and energise yourself through the joy of play. We take time to collect treasures, to build mandalas, to make friends with a tree, to discover places that remind of your childhood and to guide each other blindfolded to see the world anew again.

Noon Check Out