

Spiritual Experience Retreat

Dover Marina Hotel & Spa

Thursday – Arrival, Grounding & Opening the Space

A gentle opening designed to help you arrive, settle, and begin connecting with the group and the energy of the retreat.

3:00 pm – Arrival & Check-In with Hotel

4:00 pm – Registration & Welcome Drinks

5:00 pm – Opening the Retreat

Orientation, intention setting, and grounding

6:00 pm – Dinner Break

7:30 pm – Energy Is Everything

Understanding energetic awareness and how it underpins all spiritual work

Friday – Foundations & Practical Development

A full day focused on building trust, confidence, and practical skills in a supportive environment.

9:00 am – Meet Your Spirit Guides Circle

10.00 am – Tools of Intuition (Pendulums)

10.30 am – Break

11:15 am – Tools of Intuition (Auragraphs)

12.00pm – Questions & Discussion Circle

1:00 pm – Lunch Break

2.00 pm – Card Readings

3:30 pm – Finish

7:00 pm – Optional Group Dinner

Spiritual Experience Retreat

Saturday – Deepening & Expansion

This day takes the work deeper, with powerful experiential sessions and space to integrate before the evening's transformative circle.

9:00 am – Meditation Experience

9:30 am – Evidential Mediumship

10.30am – Break

11.15am – Healing

12.00 pm – Crystal Ball Readings

1:00 pm – Lunch Break

2:00 pm – Optional Student Demonstration

3:30 pm – Downtime / Rest / Reflection

7:30 pm – Trance & Transfiguration Circle

The energetic heart of the retreat

Sunday – Integration, Confidence & Closing

A calm and spacious final day focused on integration, understanding, and preparing to take your experiences forward.

9.00 am – Meditation Experience

9:30 am – 5 Frequency Readings

10.30am – Break

11.15am – Questions & Philosophy

1:00 pm – Closing Circle

Integration, reflection, and anchoring your experience

2.00pm – Departures and goodbyes