

Peace & Practice Retreat

Fair Oak Farm, Mayfield



Friday 5th July

- 5pm - Arrival & Check In
- 6pm - Welcome Drinks
- 7pm - Dinner
- 8.30pm - Fire Pit Gathering

Saturday 6th July

- 9.30am - Session 1 - Meditation
- 10.15am - Coffee Break
- 10.45am - Session 2 - Introduction to the 5 Frequencies
- 12pm - Session 3 - Working with Energy & Psychic Readings
- 1pm - Lunch
- 2pm - Free Time
- 6.00pm - Dinner
- 7pm - Session 4 - Drum Journey

Sunday 7th July

- 9.30am - Session 5 - Meditation
- 10.15am - Coffee Break
- 10.45am - Session 6 - Introduction to Healing
- 12pm - Session 7 - Healing with your Guides
- 1pm - Lunch
- 2pm - Free Time
- 6.00pm - Dinner
- 7pm - Session 8 - Sound Bath

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Monday 8th July

8.00am - Yoga with Ashley

10.15am - Coffee Break

10.45am - Session 9 - Inspirational Channelling

12pm - Session 10 - Trance

1pm - Lunch

2pm - Free Time

6.00pm - Dinner

7pm - Session 11 - Cacao Ceremony

Tuesday 9th July

9.30am - Session 12 - Meditation

10.15am - Coffee Break

10.45am - Session 13 - Connecting to your Angels

12pm - Session 14 - Oracle Cards

1pm - Lunch

2pm - Free Time

6.00pm - Dinner

Night Off

Wednesday 10th July

8.00am - Yoga with Ashley

10.15am - Coffee Break

10.45am - Session 15 - Pendulums

12pm - Session 16 - Working with Colour

1pm - Lunch

2pm - Free Time

6.00pm - Dinner

7.00pm - Session 17 - Séance

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Thursday 11th July

9.30am - Session 18 - Meditation

10.15am - Coffee Break

10.45am - Session 19 - Encaustic Art Readings

12pm - Session 20 - Oracle Cards

1pm - Lunch

2pm - Free Time

7pm - Party Night

Friday 12th July

8am - Breakfast & Goodbyes

Please note this schedule may change, it's to give you an idea. There will be gentle afternoon activities on some days for those who wish to take part.

No sessions are compulsory, you can attend whatever you wish as you wish.

All sessions are with Hannah.

All activities (with the exception of potential day trips, massage treatments etc) included, as is accommodation & meals made by private chef.

