

Diwali Goddess Retreat:

A moment of happiness, you and I sitting on the verandah, apparently two, but one in soul, you and I. ~ Rumi

tues 28 oct:

1p check in Lot 65 Buckingham Grove, Dunsborough, WA
4-6p restorative yoga by the pool
7p opening laskmi blessing ritual
7.30p catered goddess retreat welcome dinner @ hohm ~ twee cooking for the goddesses

wed 29 oct:

6a sunrise walk on our own (optional)
7-8a help yourself to juice + tea (coffee suggested after class or coffee fast this week)
8-10a rejuvenating yoga + meditation by the pool
10a brunch served (georgie bringing it and "hotel" bed service)
11a creating guiding tools along our journeys: goddess eyes and walking meditation sticks
12-2p free time to indulge in the goddess's lap of abundance + luxury: suggesting no planned activities, instead relax at the pool or beach before optional collective wine tour
2-6p **optional group wine tasting and restorative yoga at local vineyard ** (\$30pp includes tapas, glass of wine, + wine tasting)**
7p sahaja flow conscious collective cooking + dinner at @ hohm

thu 30 oct:

6a sunrise walk on our own (optional)
7-8a help yourself to juice + tea (coffee suggested after class or coffee fast this week)
8-10a rejuvenating yoga + meditation by the pool
10a brunch served (georgie bringing it and "hotel" bed service)
11a -4p free time to indulge in the goddess's lap of abundance + luxury
3-5p massages (ros, lisa, donna, annie, jo, twee, + ilona)
5-6p restorative yoga
7p bon voyage oysters + champers blessing for ros + lisa on their last night. (collective assembling)
8p dinner out at Bax ** goddess stylee

fri 31 oct: halloween

6a sunrise walk on our own (optional)
7-8a help yourself to juice + tea (coffee suggested after class or coffee

fast this week)

9-10a prana yoga ~ staying close to the earth within movement meditations + pranayama (breathwork)

10a brunch served (georgie bringing it and "hotel" bed service)

10.30a check out week only goddesses, ros + lisa :-)

11a cleaning ladies arrive

12p check in weekender goddesses. susan + tba goddess :-)

11a -4p free time to indulge in the goddess's lap of abundance + luxury: * shopping, galleries, wine tour, day of spa treatments @ hohm, surf lessons

2p Massages at Hohm (susan + ??)

4-5p vision quest creativity + intuition workshop (bring art supplies + open mind + heart)

6-8p **Open Level + To Public Master Class at Dunsboro Hall: Celebrating Wealth + Abundance by Living Yoga | Heart + Hip Opening**

8p Curry night (catered dinner ready for us when we arrive from class)

sat 1 nov:

6a sunrise walk on our own (optional)

7-7.30a help yourself to juice + tea served (coffee suggested after class or coffee fast this week)

8-10a **Open Level + To Public Master Class at Dunsboro Hall: Celebrating Strength, Time + Change | Arm Balancing + Inversions.**

10a brunch served (georgie bringing it and "hotel" bed service)

11a -6p free time to indulge in the goddess's lap of abundance + luxury: w/optional collective surf lessons, wine tour, shopping, galleries OR day of spa treatments @ hohm **

6p sunset cocktails or chai tea or roasted soy dandy by the pool

7p closing kali blessing ceremony for all

7.30p poolside bbq ** we can shop and also have some catered. price

tba. group collective decision to invite outside guests. jacqui, georgie + tania invited all week

sun 2 nov:

6a sunrise walk on our own (optional)

7-8a help yourself to juice + tea served (coffee suggested after class or coffee fast this week)

8a guest teachers yoga practice, meditation + kirtan by the pool OR Anaconda spectating in Dunsboro

10a brunch leftovers