

Home Coming Retreat 17th-19th May 2024



Theme: Home Coming

Venue: Aniwaniwa Yurt Stay; a healing space in nature.

'Rest into the home inside your heart, bring yourself present to each and every moment.

Opening the doorway to greater trust , love, gratitude and deep respect and enjoyment of life.

In this moment we are awake and aware to our potential, our continual growth, wisdom and realization.

We are the creators of our own lives , let our true self lead this process connecting to our heart in each and every moment.

A creative exploration of biography, beliefs and patterns, weaving a new story that acknowledges the gifts and strengthens our lives.

Creative, Inspirational weekend amongst others to weave a new future.

Program is tailored to the participants registering but the base of retreat practices and learning are from Ren Xue and Yuan Qigong. We will be learning and practicing Yuan Qigong, both moving practices to nourish our bodies and life force and still practices to nourish our Jing Shen (Heart Mind, Consciousness)

Morning talks to explore and expand our learning on the the retreat theme Home Coming as well as nature walks, group discussions, creative processes and inner reflection such as journaling to continue to digest and get the most out of your weekend away.

Over the weekend we will be exploring identity and how this influences how we live our life. We will learn and discover more about how life experiences and challenges do not need to define who we are but are instead just showing us the way to growth. When we embrace and overcome past experiences or present challenges this can lead us to exploring more of our true nature and inner freedom.

The program is still to be finalized but the plan to date is

Friday afternoon from 3pm arrival and settling in

Friday evening Dinner and Group Healing

6.45-7.45 morning Qigong Practice

7.45-9.00am Breakfast

9.00-10.00 Morning talk

10.00 - 10.30 Individual reflection and creative time

10.30-11.00 Morning tea

11.00- 11.45 small Group Discussions

11.45 - 12.15 Q&A, larger group sharing, further integration of morning session

12.15/30 till 2 Lunch and Free Time

2pm Afternoon still practice, learning meditation practices or other methods

3.30 Afternoon tea

4.00-6.00 Nature Walk and Creative Space

6.00pm Dinner

7.30 Evening Practice

Sunday will be similar however we will end with another group healing after afternoon tea and close the retreat around 5pm

Costs of retreat \$340 for camping, \$380 twin, \$420 for single room

This covers accommodation, food and program

Food is catered for lunch, afternoon tea and dinner, unlimited tea. Please bring simple breakfast and extra snacks if required

Registration form for retreat

<https://docs.google.com/forms/d/1oZrNDK0vqtshLMaPVre-ISJxKTas7hhnyfetun4Tpvs/edit?chromeless=1>