

YOUR
Pitrua
Retreat

RELAX, RENEW & RECHARGE

SATURDAY 16TH & SUNDAY 17TH
NOVEMBER 2019



YOUR RITUAL RETREAT

Magical & Nourishing Weekend Retreat at Meadowlands Hotel

FRIDAY • 15TH NOVEMBER 2019 - Welcome Reception at 8.00pm

SATURDAY • 16TH NOVEMBER 2019

TIME	RETREAT EXPERIENCE
7.00am - 8.00am	Morning YOGA - wake up feeling wonderful Start your day with a beautiful gentle Yoga class for all those early birds!
8:00am - 10:00am	BREAKFAST
10.00am - 10.45am	Chakranetics with Astrid Move into Wellbeing, health & vitality - Gentle energy medicine movement for mind, body, heart & soul.
11.00am - 12.30pm	Change your thinking & enhance your life with Juliana & Anne from Coisceim. Tap into your full potential: Positive Thinking /Affirmations/Visualisation/Guided Meditation.
12.40pm - 1.00pm	Heart Centered Mindful Meditation to help relieve stress & anxiety. Melt into bliss with this calming and soothing heart centered mindful meditation with Astrid.
1.00pm - 2.00pm	LUNCH
2.00pm - 3.00 pm	Motivational Lifestyle Coaching with Astrid - Discover how to make positive rituals part of every day, and live your life with ease, joy and vitality!
3.15pm - 4.00pm	Glow from the Inside out with this beautiful Energy Facial that you can do yourself! Learn the secrets of a radiant complexion with simple exercises you can do for yourself!
4.15pm - 5.00pm	The Rainbow Relaxation with Loz McCarthy. A magical and deeply replenishing relaxation/meditation using chakras and colours to rebalance & restore.
7:00pm - 9:00pm	DINNER

SUNDAY • 17TH NOVEMBER 2019

TIME	RETREAT EXPERIENCE
7.00am - 8.00am	Morning Meditation - wake up feeling wonderful with Rosarie. Feel centered, calm and confident with a beautiful meditation class for all those early birds!
8:00am - 10:00am	BREAKFAST
10.00am - 10.45am	The Goddess Workout with Astrid. A gentle & fabulously nourishing movement experience to activate your inner Goddess!
11.00am - 12.30pm	Guided healing journey with the drum with Rosarie - Allow yourself to be guided into a magical space of deep replenishment.
12.40pm - 1.00pm	Breathe In Bliss with Astrid - Discover how to use your breath to ease stress & make you feel less anxious. Leave feeling deeply nourished from the inside out.
1.00pm - 2.00pm	LUNCH + thank you's, goodbye's and goody bags