

Retreat Itinerary

Natural Healing Retreat 27-29 April 2018

Venue Address:- Ballyvoy Camping Barn, 111 Cushendall Road, Ballyvoy, Ballycastle, Co.Antrim, BT54 6PE

Facilitators: - Ashley Wood, James Wallace, Kerrie Beattie and Debi Barr

Main Contact Details: - Debi Barr - debibarr@rocksnrituals.co.uk Tel: 07729600085

Friday 27 April 2018

- **Arrival & check-in time** - please arrive from 5pm to unpack (the retreat facilitators will be on site earlier to set up), settle in and get a little dinner. Dinner will consist of pizza, salad and/or sweet potato fries and will be available from 5:30pm to 6:30pm.
- **7pm - 10pm Welcome Circle**
During this circle gathering, Debi will set out the plans for the weekend and introduce the facilitators. She will then do an initial grounding and opening up meditation to invite in the nature spirits, angels and guides to work with everyone over the weekend. Everyone can set their own personal intention for healing for the weekend at this point. Ashley will then take over - Beltane rituals and magick, healing vs curing discussion and more - energy raising, drumming, candle magick and the power of intention.

Saturday 28 April 2018

- **8am - 10am - Breakfast and personal time**
Menu choices - Porridge, Cereal, Toast or Cooked Breakfast (Large Grilled Mushrooms, with Roasted Tomato & Poached Egg)
- **10:00am - 12:30pm Workshop 1 with Debi**
Connecting with Nature Spirits and Elemental Energy. Meditative journeys to receive healing from the natural kingdom and from ancestral guides and spirit helpers.

- **12:30pm - 2:00pm Lunch and personal time**
Menu choices - Homemade spiced lentil, tomato and bean soup with fresh bread OR Quinoa Super Salad, Oat Cakes & Houmous
- **2:00pm - 4:30pm Workshop 2 with Ashley**
Using essential oils and crystals to connect and work with the angelic kingdom
Energy movement, aura cleansing and using healing cards.
- **4:30pm - 6:00pm Dinner and personal time**
Menu choices - Vegan Cottage Pie, Salad, Creamy Chickpea Curry & Rice
- **6:00pm - 10:30pm Personal 1 to 1 sessions with Debi & Ashley**
Please book these in advance so we can accurately schedule time for your treatment. Choose from an Intuitive Card Reading, Indian Head Massage, 20 minute Back Massage, Reiki Session, Shamanic Reiki Session, Reflexology or Crystal Healing and IET - Integrated Energy Therapy.

Sunday 29 April 2018

- **8am-9:30am - Breakfast**
(same menu choices as Saturday)
- **9:30am - 10:30am - Closing Circle**
To ground our energies, integrate the healing and thank the nature spirits and guides.
- **Check out is due by 11am**

For those who wish to do so, there will be a mindful beach walk once we leave the accommodation since check-out is so early so please join us if you can to round off the weekend.

Please note - accommodation is shared - you will be in a room of up to 6 people in bunk beds, each room does have its own en-suite bathroom which you will share with the others in your room.

What to bring

You will need comfortable clothes and shoes as well as suitable outdoor clothing in case we decide to do some work outside. You will need to bring your own toiletries and towels. Please also bring a blanket for use during meditation work - yoga mats will be provided for you but if you have your own please feel free to bring it. Chairs will also be provided for those who prefer to sit rather than lie down for meditation.

Main meals are provided as per the itinerary above. If you have a specific dietary requirement or allergy please ensure you have advised us. We have decided to make the weekend's main meals vegetarian but you can, of course, bring your own snacks or additions if you wish for in between meals.

We will also provide teas (normal and herbal), coffee, water, milk (including non-dairy alternatives such as almond, oat and rice milk).

Your Private Session

We have scheduled the main bulk of private sessions to take place on Saturday evening from 6:30pm onwards. It would be helpful if you would kindly confirm your first preference of treatment as soon as possible so we can schedule you in during this time. Your sessions will be approx. 30 minutes in duration unless otherwise specified.

Reiki is available from all facilitators.

In addition, Debi offers: - Shamanic Reiki, Reflexology, Crystal Healing & Card Readings.

Ashley offers: - Integrated Energy Therapy, Indian Head Massage, Back Massage & Card Readings

We aim to ensure everyone has at least one private healing session. If you would like to try more than one please indicate your order of preference and we will do our utmost to facilitate you.

Payment

If you have not already made your payment of £235 please ensure that the full monies are paid before arrival on 27 April. You can make payment by bank transfer (Debi will provide the details upon request) or by sending via PayPal using the friends/family option to debibarr@rocksnrituals.co.uk

Questions

If you have any questions or need anything clarified please get in touch with Debi.