

OVERVIEW OF PROGRAMME

**Subject to change (still to confirm exact details)*



Friday 24th July, 4pm – Monday 27th July, 12pm

FRIDAY

3 - 4pm

Arrive & Settle

Find your bed, explore the land, have a cuppa, shower, snooze...

4pm

Opening

Welcome circle/introduction

4.30 – 5.30pm

Session 1 (Jocelyn)

Menopause “issues”:

Unpack, share and get honest.

6pm

Dinner

Feast

7.30pm

Session 2 (Anna)

Sleep & menopause:

Deep relaxation practices.

SATURDAY

7.00 – 8.30am

Session 3 (Anna)

Body & menopause:

Gentle yoga practice suitable for everyone.

8.30 - 9.30am

Breakfast

9.30 - 11am

Session 4 (Jocelyn)

Self-talk & menopause:

Self-empathy practice.

11 - 11.30am

Break – cuppa

11.30 – 12.45pm

Session 5 (Jocelyn)

Self-talk & menopause:

Session 4 continued

12.45 - 1.30pm

Lunch

1.30 – 3pm

Session 6 (Irma)

Nutrition & menopause:

Unpack thinking around food, nutrition for menopause.

3 – 3.30pm

Break - cuppa

3.30 – 4.30pm

Silent Pause

*Time for personal integration in silence:
Optional movement/dance led by Anna.*

4.30 – 6.30pm

Session 7 (Irma, Anna, Jocelyn)

*Sexuality & menopause:
Intimacy and sexuality. Issues and changes.*

6.30 – 7.30pm

Dinner

7.30 – 9pm

Session 8 (Anna)

*Sound/song & menopause:
Full body relaxation supported by beautiful sounds.*

SUNDAY

7.00 – 8.30am

Session 9 (Anna)

*Body & menopause:
Gentle movement practice suitable for everyone*

8.30 - 9.30am

Breakfast

9.30 - 11am

Session 10 (Irma)

*Nutrition & menopause:
Food that supports energy and hormonal changes.*

11-11.30am

Break – cuppa

11.30 – 12.30pm

Session 11 (Jocelyn)

Societal pressures & menopause

Boundaries and how to filter external voices.

12.30 – 1.30pm

Lunch

1.30 – 3pm

Session 12 (Jocelyn)

Compassionate conversation

Basic NVC tools to support connection and intimacy.

3 – 3.30pm

Break - cuppa

3.30 – 4.30pm

Silent Pause

Time for personal integration in silence.

Optional movement/dance led by Anna.

4.30 – 6.30pm

Session 13 (Irma, Anna, Jocelyn)

Sexuality & menopause #2

Intimacy and sexuality - a new way forward.

6.30 – 7.30pm

Dinner

7.30 – 9pm

Session 14 (Anna, Irma)

Dance & menopause

Circle dances to connect with feminine.

MONDAY

7.00 – 8.30am

Session 15 (Anna)

Body & menopause:

Breathing and meditation practices that will support the great pause.

8.30 – 9.30am

Light snack & Session 16 (Irma)

Nutrition & menopause

Design your own menu that will suit your individual needs

9.30 - 11am

Session 17 (Jocelyn, Anna, Irma)

Final sharing circle.

Sweet rites of passage ritual.

Where to from here.

11-12pm

Brunch

12pm

Farewell/Group photo