

	<b>October 31<sup>st</sup></b> Monday: <b>Dinner &amp; orientation evening</b>	<b>November 1<sup>st</sup>,</b> Tuesday: <b>'SEE'</b>	<b>November 2<sup>nd</sup>,</b> Wednesday: <b>'HEAR'</b>	<b>November 3<sup>rd</sup>,</b> Thursday: <b>'TOUCH'</b>	<b>November 4<sup>th</sup>,</b> Friday: <b>'TASTE &amp; SMELL'</b>	<b>November 5<sup>th</sup>,</b> Saturday: <b>'INNER &amp; OUTER MINDFUL PRESENCE'</b>
8:00~8:50		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00~9:30		<b>Morning ritual</b> by Anouck	<b>Morning Yoga</b> by Josephine	<b>9:00~9:45</b> <b>Hike briefing &amp; ritual*</b> by Olivier & Anouck	<b>Morning Yoga</b> by Josephine	Checking out of rooms
9:45~11:45		1 <sup>st</sup> workshop: <b>Introduction to Energy Healing</b> by Anouck & Josephine	1 <sup>st</sup> workshop: <b>Breathing &amp; Chanting</b> by Anouck & Josephine	<b>9:45~12:15</b> <b>Land-Art Hiking: connection with nature*</b> by Olivier  <b>OR 10:30~11:00</b> <b>Sound Meditation*</b> by Josephine (at studio)	1 <sup>st</sup> Workshop: <b>Olfactory &amp; combination of the senses</b> by Anouck	<b>9:45~10:15</b> <b>Morning ritual</b> by Anouck & Josephine
11:50~15:15		Lunch / free time / Private Healing or Counseling sessions on request	Lunch / free time / Private Healing or Counseling sessions on request	<b>12:15~13:15</b> <b>Picnic lunch*</b>	Lunch / free time / Private Healing or Counseling sessions on request	<b>10:15~11:45</b> <b>Mindful Healing Energy Via The Self &amp; The Group</b> by Olivier, Anouck & Josephine
15:30~17:30	Arrival, registration, checking into accommodation	2 <sup>nd</sup> workshop: <b>Introduction to Self-hypnosis</b> by Anouck	2 <sup>nd</sup> workshop: <b>Dynamic Sound Journey</b> by Josephine	<b>13:15~14:45</b> <b>Walking Meditation in nature: Focus on Earth Energy*</b> by Anouck  <b>OR 13:00~17:00</b> <b>Private Session*</b> with Josephine on request (at studio)	2 <sup>nd</sup> workshop: <b>The 5 body senses &amp; our perception of the universe</b> by Olivier	<b>11:45~12:45</b> <b>Closing Circle,</b> retreat officially ends
				<b>15:30~18:15</b> Return /Free time/ Private Healing or Counseling sessions on request		<b>12:45~14:00</b> Lunch & departure
17:45~18:30	<b>18:00</b> <b>Welcome Circle</b>	Evening ritual: <b>Meditation on the sense of Sight</b> by Josephine	Evening ritual: <b>Meditation on Silence</b> by Anouck	Evening ritual: <b>Workshop on Touch</b> by Josephine	Evening ritual: <b>The Power of Suggestion</b> by Anouck	
18:45	<b>19:30</b> <b>Welcome Dinner</b>	Dinner	Dinner	Dinner	<b>Mindful Dinner Experience</b> by Josephine	