

Thur 9 Nov – Mon 13 Nov 2023

Yarabin Retreat House
9 Merinda Crescent
Point Lookout
North Stradbroke Island QLD

WE ACKNOWLEDGE THE TRADITIONAL OWNERS AND QUANDAMOOKA COUNTRY ON WHICH THE RETREAT IS HELD WITH GRATITUDE.



Program

Thursday 9th November 2023. CONSCIOUS CONNECTION

TRAVEL

BY WATER TAXI. Cleveland water taxi to Straddie. (Passenger only – no car)	
3pm arrive	Be at Cleveland, QLD for Stradbroke Flyer Water Taxi at 1.45pm. Water Taxi departs promptly 1.55pm. Catch <u>Bus</u> from Dunwich, North Stradbroke Island. Bus No: 880 2:25pm Dunwich to Adders Rock bus stop, arrive 2:55pm at Dickson Way Adder Rock (ask driver where to jump off). Enjoy 2 hours of beach and relax time.
OR 5pm arrive	Be at Cleveland, QLD for Stradbroke Flyer Water Taxi at 1.45pm. Water Taxi departs promptly 1.55pm. Catch Bus from Dunwich, North Stradbroke Island. Bus No: 880 2:25pm Dunwich to Adders Rock bus stop, arrive 2:55pm at Dickson Way Adder Rock (ask driver where to jump off).
BY CAR. Car timetable is different to ferry & \$100 each way. You will need to book here	
3 or 5pm	Arrive 3pm or 5pm.
Note: We will be doing other things in between this time so prefer only 3 or 5pm arrival. If not, please come directly to: Yarabin Retreat House after 5pm: 9 Merinda Crescent, Point Lookout QLD	

PROGRAM THUR EVENING

5.30pm Snacks and light food as we mingle		*Kirsten
6pm	CONSCIOUS CONNECTION TO NATURE SESSION	
	<ul style="list-style-type: none"> ● Welcome to Country, Nix Gross, Traditional Owner, Quandamooka Country. ● Open with the four directions & moving into the heart meditation. ● Retreat local Host sharing the significance of retreat immersion on the island and Lemurian dreaming. ● Conscious connections activity, with movement and music. Meet each other on a level of conscious intention – with meaningful questions posed to discuss in pairs. ● Sacred Space - How the weekend works: love in action, co-creating the food, retreat space... 	<p>Nix</p> <p>Simon Kat</p> <p>Kirsten</p> <p>Kirsten</p>
7.30pm Soup & relaxed socialising.		*Kirsten
8.30pm	CONSCIOUS HEART CONNECTION – BREATH WORK & YIN	
	<ul style="list-style-type: none"> ● Dive into the heart - creating heart connection and coherence through gentle Breathwork, yin yoga and guided body scan meditation. Relax into a deep night's sleep. Anya is a 5-Element focused yoga, Breathwork and IRest meditation teacher. 	Anya

*We co-create meals together and have turns helping beautify the space. See the fridge roster and join in (3 per activity).

PROGRAM FRIDAY 10.11

THE PORTAL OF THE HEART

Optional Sunrise – 4.49am so at 4.30am – we go to a spot together.		
7am	BEACH YOGA	
	<ul style="list-style-type: none"> 6.45am walk together to beach. Swim optional afterwards. 	Kat
8.30am Brekky self-serve fruits, nuts, cereal, coconut yoghurt		*Sammi
9.30-11	LOVE REMEMBRANCE	
	<ul style="list-style-type: none"> Ancient remembering. Future dreaming. Maori-Mu connections. Heart opening visualisation. 	Kirsten
11.15-1	LOVE FREQUENCY	
	<ul style="list-style-type: none"> Heart opening activity. Activation. 	Simon
1pm Lunch – Bean nachos, salad, coconut yoghurt, herbal teas.		*Anya
1.30pm - 3.30pm	FREE TIME Beach, rest, chill with each other or enjoy body work. See the fridge board OR PRE-BOOK to ensure availability through we@newearthdreaming.org before you arrive.	Free time or book with body worker
3.30-5	BODY BLESSING MOVEMENT	
	<ul style="list-style-type: none"> Sammi is a traditional Hatha yoga and oriental therapies practitioner with 5-element theory, food as medicine, mindfulness and meditation. She will bring connection with heart and body. 	Sammi
5-6.30pm	FREE TIME Sunset, beach, healing from our body healers (massage, Reiki). See the fridge board OR PRE-BOOK to ensure availability through we@newearthdreaming.org before you arrive.	Free time or book with body worker
6.30pm Dinner – Soup & Herbal Tea.		*Salwa
8-9pm	STORY TELLING	
	<ul style="list-style-type: none"> Each sharing around the circle. Intention of 'dreaming' before bedtime. 	Kirsten

PROGRAM SATURDAY 11.11

DREAM TIME

Optional Sunrise – 4.49am so at 4.30am – we go to a spot together		
7am	Qi Gong	
	<ul style="list-style-type: none"> 6.45am walk together to beach. Qigong Swim optional afterwards. 	Simon
8.30am Brekky self-serve fruits, nuts, cereal, coconut yoghurt		*Nicola
9.30-10.50	DREAMING MY MANIFESTATION	
	<ul style="list-style-type: none"> 'Six Heart Virtues' for positive manifesting, with heart empowerment. 	Mello
11.11	THE 11.11 PORTAL OPENING	
	<ul style="list-style-type: none"> Facilitating the portal opening. 	Simon
11.40 - 1	RE DREAMING – EARTH CONNECTION AMING – 3EARTH CONNECTION	
	<ul style="list-style-type: none"> Grounding the 11.11 portal opening. Earth connection (walk to sacred places). 	Kat
1pm Lunch – Moroccan feast, herbal teas		*Salwa
1.30pm - 3.30pm	FREE TIME Beach, rest, chill with each other or enjoy body work. See the fridge board OR PRE-BOOK to ensure availability through we@newearthdreaming.org before you arrive.	Free time or book with body worker
3.30-5	BODY DREAMING	
	<ul style="list-style-type: none"> Special Guest Facilitator – tbc 	tbc
5-6.30pm	FREE TIME Sunset, beach, healing, or enjoy body work. See the fridge board OR PRE-BOOK to ensure availability through we@newearthdreaming.org before you arrive	Free time or book with body worker
6.30pm Dinner – dahl, rice, salad		*Kirsten
8-9pm	DIVINE FEMININE, DIVINE MASCULINE	
	<ul style="list-style-type: none"> Honouring the Goddess incarnation. Honouring the God incarnation. The circle. The men and women separate and return with a gift. 	Salwa Simon

PROGRAM SUNDAY 12.11

NEW EARTH

Optional Sunrise – 4.49am so at 4.30am – we go to a spot together.		
7am	BEACH YOGA	
	<ul style="list-style-type: none"> 6.45am walk together to beach. Yoga. Swim optional afterwards 	Kat
8.30am Brekky self-serve fruits, nuts, cereal, coconut yoghurt		*Kirsten
9.30-11	PARRALEL TIMES – ANCIENT KNOWING TO NOW	
	<ul style="list-style-type: none"> There is no time nor space. Guided visualisation to ancient knowing to draw it back to creating the new earth. 	Kirsten
11.15-1	RECLAIMING YOUR SOUL KNOWING	
	<ul style="list-style-type: none"> Divine Light Meditation – attaining a profound space of invoking Divine White crystalline Light to flow down in through the crown into every cell of the body. Receive your own souls’ message. 	Mello
1pm Lunch – Curry feast, herbal teas.		*Kirsten
1.30pm - 3.30pm	FREE TIME Beach, rest, chill with each other or enjoy body work. See the fridge board OR PRE-BOOK to ensure availability through we@newearthdreaming.org before you arrive	Free time or book with body worker
3.30-5	NEW GUEST CO-CREATE A SESSION	
	<ul style="list-style-type: none"> Others in the group create a session. 	To create
5-6.30pm	Early snack food* & sunset Biodanza with Mello We walk to the park and have an outdoor Biodanza dance session led by Mello who is experienced in facilitating Biodanza/	*Nicola Mello
8pm Dinner – Soup, herbal teas.		*Sammi
8.30pm	Sharing – optional, or early night.	All

PROGRAM MONDAY 13.11

SOLAR LOGOS CONNECTION

Optional Sunrise – 4.49am so at 4.30am – we go to a spot together.		
7am	BEACH HONOURING	
	<ul style="list-style-type: none"> 6.45am walk together to beach. Kat guides an integrative movement. 8am Nature connection to gridlines, each other, Shamanic breath work Breath meditation to connect Hearts and Solar Plexus so we are always connected to do great New Earth Dreaming! Swim optional afterwards. 	Kat Simon Kirsten
9am	Brekky self-serve fruits, nuts, cereal, coconut yoghurt	*Salwa
9.30-10.30	POWERING EACH OTHER TO BE RADIANT SOLAR LIGHT	
	<ul style="list-style-type: none"> Integrating the wisdom together. 	Mello
11am	Clear up – Bus-Ferry	Snacks for the travel
		*Kirsten