

BEYOND THE WIDOW RETREAT

15 - 18 AUGUST, 2024

www.suzannegomes.com.au



DAY 1

- Arrive between 4 - 5pm
- Meet and Greet - 5:30pm
- Dinner - 7:00pm
- Camp Fire & Cacao

DAY 2

- Yoga - 7:00 am
- Breakfast and overview of day 2 - 8:30am
- Leave Obi Obi for Coolabine Retreat - 10:00am
- Equine Connection - 10:15am
- Lunch at Coolabine Retreat - 12:30pm
- Guided walk and Emotional Alchemy session - 2:00pm
- Travel back to Obi Obi Homestead - 3:30pm
- Free Time
- Pre-Dinner drinks - 6:00pm
- Dinner - 7:00pm
- Campfire and Cacao session - 8:30pm

DAY 3

- Stretching session - 7:00pm
- Breakfast and overview of day 3
- Journalling Session - 10:00am
- Lunch - 12:00pm
- Rock Painting - 2:00pm
- Free Time - 3:30pm
- Pre-dinner drinks - 5:30pm
- Dinner - 6:30pm
- Possession Sharing - 8:00pm

DAY 4

- Creek walk & Meditation - 7:00am
- Breakfast - 8:00am
- Closing Ceremony - 9:00am
- Depart - 9:30am

WHAT TO BRING

- Comfortable Casual attire
- Hat, sunglasses and sunscreen
- Exercise gear for Yoga and stretching
- Closed in shoes for Equine Connection
- Rain Jacket in case of wet weather
- Warm Jacket, beanie or scarf at night around the campfire
- Toiletries
- Water Bottle - refreshments will be supplied daily
- An open mind
- A sense of fun

Optional

- Swimming attire - there is a pool at Obi Obi Homestead



Obi Obi Homestead massage therapist

We can arrange qualified therapists to provide in-house therapeutic massage, at an additional cost to you, during the retreat.

Please indicate your preference to Suzanne before the 1st August. We will work with you to schedule your massage during free time.

The here and now is the only thing you have right now..... so live in it!