

FROM MESS TO SUCCESS

R E T R E A T I T I N E R A R Y

Thursday
20th July 2023

2:00pm-2:30pm Group Intro & Logistics

3:00pm-3:45pm "Vulnerability and Support"
by Ingrid Galloway

4:00pm-4:30pm Afternoon break

4:45pm-5:30pm "Overcoming Grief"
by Ingrid Galloway

5:30pm - 6:45pm Reflection time/Massage
appointment chance

6:45pm-7:45pm Dinner

8:00pm-8:30pm Group Sharing



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Friday
21st July 2023

7:00am-7:30am Morning Meditation by the lake

7:45am-8:30am "Fundamentals of Programming"
Exercise by Jair Duke

8:45am-9:30am Breakfast

9:45am-10:30am "Break the Pattern and Know Your Worth"
by Ingrid Galloway

10:45am-11:30am "It's Time to Let Go!" by Julie Cliff

11:45pm-12:45pm Lunch

3:00pm - 3:30pm Afternoon Break

3:45pm - 5:30pm Reflection time/
Massage appointment chance

5:30pm-6:30pm Fun Group Cooking Class

6:45pm-7:45pm Dinner

8:00pm-8:30pm Group Sharing



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Saturday
22nd July 2023

7:15am-7:45am Morning Meditation by the lake

7:45am-8:15am Breakfast

8:30am-11:30am Kayaking in Lake and
Bush Walking Experience

11:45pm-12:45pm Lunch

1:00pm-1:45pm "Dissolving Shame and Guilt"
by Ingrid Galloway

2:00pm-3:00pm "Manifesting The Future You Deserve
(Vision Boarding)

3:00pm-3:45pm Afternoon Break

3:45pm 5:30pm Break/Reflection time/
Massage appointment chance

5:30pm-6:30pm Group Cooking Class

6:45pm-7:45pm Dinner

8:00pm-8:30pm Group Sharing



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Sunday
23rd July 2023

7:00am-7:45am "Feeling confident in your own skin"
Yoga by Estelle Coombe-Heath

8:00am-8:45am Breakfast

9:00am-10:30am "Vision Walk" by Ingrid Galloway

10:45am - 11:15am Morning Tea

11:15am-12:45pm "Attracting The One" by Ingrid Galloway

1:00pm-2:00pm Lunch

2:00pm - 6:00pm Reflection time/Packing bags for checkout
tomorrow /Massage appointment chance

6:00pm-7:00pm Dinner

7:15pm-8:15pm "Sacred Flame Ceremony" & Group Sharing
by Ingrid Galloway



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Monday
24th July 2023

7:00am-7:30am Yoga

7:45am-8:15am Breakfast

8:30am-9:15am "Strategies to Retire Well"
by Rebecca Mitchell

9:15am - 9:45am Group Farewell

10:00am-10:30am Check out Time



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