

# 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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## RETREAT ITINERARY

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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## RETREAT ITINERARY

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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## RETREAT ITINERARY

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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## RETREAT ITINERARY

Monday  
24th July 2023

**7:00am-7:30am** Yoga

**7:45am-8:15am** Breakfast

**8:30am-9:15am** "Strategies to Retire Well"  
by Diane Klem-Goode

**9:15am - 9:45am** Group Farewell

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



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