

Lumière d'Harmonie Retreats



Example of 3 day/2night retreat package (some activities may vary)

Friday 6pm - Sunday 5pm

Friday

6pm Welcome, relax over a cup of tea

7pm Dinner

8.45pm Short Gong Session

Chill-out and relaxation time

Saturday

9.00 am: Breakfast

10.30 am: guided walk or forest bathing

11.30 am: Free time*/ Healing session/Total Radiance Salt Bath Therapy

1pm Lunch

2.30: Lumiere d'Harmonie Healing Session/Free time

4.30: Chat over herbal tea/tea/coffee and snacks

5.30: Free time*/ Total Radiance Salt Bath Therapy/ Consultation and Vibrant Essence preparation to take home

7.00pm: Dinner

Chill-out and relaxation time/ Total Radiance Salt Bath Therapy

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Sunday

9.00 am: Breakfast

10.30 am: Guided walk/ Forest bathing

11.30 am: Free time*/Total Radiance Salt Bath Therapy /Consultation and Vibrant Essence preparation to take home

1pm Lunch

2.30 pm: Consultation for Vibrant Essence preparation to take home/Free time

3.30pm: Free time*/ Consultation for Vibrant Essence preparation to take home.

4.30 pm Beverage and snacks

5.00 pm Finish

*Free Time: retreat participants will have access to

- the beautiful grounds of the property
- a sanctuary space in which they can meditate
- a large choice of meditation cds
- a large choice of divination and healing cards
- mandalas and colours
- an acupressure mat for relaxation or back pain relief
- a long-Infrared blanket for metabolic balancing, relaxation and stress relief
- Qi Gong videos
- beautiful local country or forest walks
- beverages and snacks

