



Castle Retreat

Map of the day(s)



FRIDAY EVENING

4pm - guests arrive and check in. Time to relax and explore the Castle.

6.30pm onwards - Dinner and introductions.

FEB
2

Check-in
from
4:00 PM

SATURDAY



8.00am Guided Meditation.

8.30am - 9.30am Breakfast

10.00am Welcome to your Castle Retreat.

10.15am Rediscovering who you are and what you want.

11.30am Rebuilding your energy.

1.00pm Lunch

2.15pm Castle Wisdom / Forest Bathing - the science and practice of mindfulness.

3.30pm Setting boundaries and removing obstacles.

4.45pm Building confidence.

6.30pm onwards - Dinner in the Restaurant

8.00pm Cocktail / Mocktail making class

FEB
3

SUNDAY



8.00am Guided Meditation

8.30am - 9.30am Breakfast

10.00am Finding your voice.

10.45am Stepping into the future with confidence.

12.00pm Check-out. You are welcome to continue to enjoy the Castle and it's surroundings.

FEB
4

Check-out by
12.00PM

Please note that individual workshops and timings may be subject to change.

Rediscover Yourself

<https://castle-retreat.com>