



*Let Nature Inspire Your Creative Spirit*

**October 11 - 16, 2017 Retreat Schedule for Museflower Soul Bliss Retreat:  
Let Your Soul Speak with Soul Writing and Meditation**

**Facilitated by Sarah Walton & Tania Ho**

*"The intuitive mind is a sacred gift."  
~ Albert Einstein*

**Day 1: 11th October 2017 - Arrive**

2.00pm	Check-in at Museflower Retreat & Spa
6.30pm	Welcome dinner at Soul Food Corner
7.30pm – 8.30pm	Welcome circle & Evening meditation with Sarah & Tania

**Day 2: 12th October 2017 - Listen to Your Intuition**

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.00am – 12.00pm	Morning Sharing & Soul Guidance Circle with Tania Discussion with Sarah & Tania: What is the Soul and Soul's Voice? How does Soul Writing support?
12.30 – 2.00pm	Lunch
3.00 – 5.00pm	Afternoon Soul Writing Session with Sarah Soul Writing Meditation Soul Writing exercises: Awakening the Intuition Group sharing
Afternoon	Leisure time to enjoy our facilities or a spa treatment
6.30pm	Dinner
7.30pm	Storytelling around the Sacred Fire (Optional)

**Museflower Retreat & Spa**

159/1 Moo 1 Ban Samanmit, Donsila Sub-District, Wiang Chai District, Chiang Rai 57210, Thailand

Reception Tel: +66-(0)-93-137-0414

Email: [retreat@museflower.com](mailto:retreat@museflower.com) Website: [www.museflowerretreat.com](http://www.museflowerretreat.com)



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**Day 3: 13th October 2017 - Meet Your Imagination**

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.00am – 12.00pm	Morning Sharing & Soul Guidance circle with Tania Connect Your Creativity with Mandala Coloring
12.30 – 2.00pm	Lunch
3.00 – 5.00pm	Afternoon Soul Writing Session with Sarah Soul Writing Walking Meditation Soul Writing Exercises: Awakening the Senses & Character Group sharing
Afternoon	Leisure time to enjoy our facilities or a spa treatment
6.30pm	Dinner
Evening	Leisure time: visit the Night Bazaar (additional cost) or rest

**Day 4: 14th October 2017 - Trust Your Inner Voice**

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.00am – 12.00pm	Morning Sharing & Soul Guidance Circle with Tania Shamanic Journey Meditation with Tania
12.30 – 2.00pm	Lunch
3.00 – 5.00pm	Afternoon Soul Writing Session with Sarah Soul Writing Walking Meditation Soul Writing exercises: Making it Vivid Group sharing
Afternoon	Leisure time to enjoy our facilities or a spa treatment
6.30pm	Dinner

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7.30pm – 8.45pm	Evening meditation: Inner Dance Sound Healing Meditation with Tania
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### Day 5: 15th October 2017 - Your Soul Story

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.00am – 12.00pm	Morning Sharing & Soul Guidance Circle with Tania Soul Writing Meditation with Sarah Soul Writing exercises: Your Soul Story Apply Soul Writing to your daily life
12.30 – 2.00pm	Lunch
Afternoon	Personal reflective time Enjoy a spa treatment or book optional private sessions
6.30pm	Dinner
7.30pm	Sharing Circle around the Sacred Fire

### Day 6: 16th October 2017 - Departure

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10am – 11.30am	Morning Sharing & Soul Guidance circle with Tania Soul Writing Meditation & Exercise with Sarah Closure Circle & Q&A with Sarah & Tania
12.00pm	Check out
12.30pm	Lunch

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