



Let Nature Inspire Your Creative Spirit

**October 11 - 16, 2018 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 2018 (Thurs) - Arrival

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

Day 2: 12th October 2018 (Fri) - Listen to Your Intuition

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Morning Meditation & Soul Guidance Circle with Tania Discussion with Sarah & Tania: What is the Soul and Soul's Voice? What does your Soul's Voice sound like? 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
7.30 – 8.30pm	Storytelling around the Sacred Fire with Sarah

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 Website: www.museflowerretreat.com



Let Nature Inspire Your Creative Spirit

Day 3: 13th October 2018 (Sat) - Meet Your Imagination

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Morning Sharing & Soul Guidance circle with Tania Chanting Meditation Connect Your Creativity with Mandala Coloring
12.30 – 2.00pm	Lunch in Silence – Eating Meditation
3.00 – 5.00pm	Afternoon Soul Writing Session with Sarah Soul Writing Walking Meditation Soul Writing Exercises: Awakening the Senses & Making it Vivid 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 2018 (Sun) - Trust Your Inner Voice

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	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 Meditation Soul Writing exercises: Engaging with Character Group sharing
Afternoon	Leisure time to enjoy our facilities or a spa treatment

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 Website: www.museflowerretreat.com



Let Nature Inspire Your Creative Spirit

6.30pm	Dinner
Evening	Leisure time – Movie Night / visit the Sunday Walking Street (additional cost) / Rest

Day 5: 15th October 2018 - Your Soul Story

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	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
3 – 4pm	Creating Sacred Space (for Writing & Meditation) with Sarah and Tania
6.30pm	Dinner
7.30 – 8.30pm	Evening Guided Meditation with Tania

Day 6: 16th October 2018 - Departure

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

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 Website: www.museflowerretreat.com