



Let Nature Inspire Your Creative Spirit

October 18 - 23, 2019 Retreat Schedule for Museflower Soul Bliss Writing Retreat: Discover Your Soul Story with Meditation

Facilitated by Sarah Walton & Tania Ho

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

Day 1: 18th October 2019 (Fri) - Arrival

2.00pm	Check-in at Museflower Retreat & Spa
6.30pm	Welcome dinner at Soul Food Corner
7.45 – 8.45pm	Welcome circle & Setting Intentions with Sarah & Tania

Day 2: 19th October 2019 (Sat) - Listen to Your Intuition

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Creating Sacred Space (for Writing & Meditation) with Sarah & Tania Discussion: What is the Soul and Soul's Voice? What does your Soul's Voice sound like? How does Soul Writing support your creativity, business, or your spiritual practice?
12.30 – 2.00pm	Lunch
2.00 – 4.00pm	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
Evening	Leisure time: visit the Saturday Walking Street & Night Bazaar (additional cost) / rest

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



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Day 3: 20th October 2018 (Sun) - Meet Your Imagination

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Morning Soul Sharing circle with Tania Chanting Meditation Connect Your Creativity with Mandala Coloring
12.30 – 2.00pm	Lunch in Silence – Eating Meditation
2.00 – 4.00pm	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: Movie night / Rest

Day 4: 21st October 2018 (Mon) - Trust Your Inner Voice

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Morning Soul Sharing Circle with Tania Shamanic Journey Meditation with Tania
12.30 – 2.00pm	Lunch
2.00 – 4.00pm	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
6.30pm	Dinner

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7.45 – 8.45pm	Storytelling around the Sacred Fire with Sarah & Tania
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Day 5: 22nd October 2018 (Tues) – Plotting Your Soul Story

8.00 – 10.00am	Breakfast
8.30 – 9.30am	Optional wellness activity (additional cost)
10.30am – 12.30pm	Morning Soul Sharing Circle with Tania Soul Writing Meditation with Sarah Soul Writing exercises: Developing Narrative & Plot
12.30 – 2.00pm	Lunch
2.00 – 4.00pm	Apply Soul Writing to your daily life Technical Tips for getting started on writing your novel, blog, brand story or journaling with Sarah Q&A with Sarah & Tania
6.30pm	Dinner
7.45 – 9.15pm	Inner Dance Sound Healing with Tania

Day 6: 23rd October 2019 (Weds) – Manifesting Your Vision

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

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Important Note About This Retreat:

Our Museflower Soul Bliss Writing Retreat supports guests to tap into their inner creative resources and the imagination, and to get started on a creative writing project (like a novel, a blog, a brand story). Please note that we do not help to finalize, polish, edit or create work on the retreat.

Post Retreat Support:

- * Follow up email with retreat material shared during the retreat
- * Sarah is available for private sessions on Skype at additional costs if guests want to focus on editing, polishing, diving deeper. Sarah can be contacted at: sarah@soulwriting.co and there is further information on the Soul Writing website: www.soulwriting.co
- * Tania can be reached by email for general questions, feedback, and sharing after the retreat at tania@museflower.com

We look forward to sharing this beautiful retreat with you!

*"There is no greater agony than bearing an untold story inside you."
~ Maya Angelou*

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