



Let Nature Inspire Your Creative Spirit

Fifth-Year Anniversary Spiritual Retreat ~ Museflower Life Festival ~

WEEKEND RETREAT PROGRAM FOR OCT 11 – 14, 2019

DAY 1 – OCT 11TH, 2019 (FRIDAY)

***Complimentary Welcome Program is reserved and exclusive for In House Guest Only. Please note that this program is not open to outside guests.**

Time	Program	Venue
2.00pm	Check in opens	Reception
3.00– 3.30pm	In-House Guests Only - Festival Opening Circle - Introduction & Setting Intention - With <i>Tania Ho</i> and <i>Watchararat Srichamroen</i> (30 mins)	Meditation Pavilion
3.30 – 5.30pm	In-House Guests Only - Inner & Outer De-cluttering Workshop: Create a Life You Love with <i>Kerry Evans-Alder</i> (120 mins)	Meditation Pavilion
5.30 – 6.30pm	Leisure time to enjoy our Himalayan crystal salt water pool, natural lake, the gym, or spa treatments and holistic therapies at a discounted price	n/a
6.30pm	Dinner	Soul Food Corner
7.45 – 8.45pm	In-House Guests Only - “Dance Through Your Heart” Movement Meditation with <i>Watchararat Srichamroen</i> (60 mins)	Meditation Pavilion
Evening	Unwind / Relax / Connect / Rest	n/a



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DAY 2 – OCT 12TH, 2019 (SATURDAY)

*1-Day Festival Day Pass at 1,200THB per person includes lunch and program from 10.00am – 5.00pm. 5% of proceeds will be donated to Emoto Peace Project.

Festival day pass is applicable for activities from 10am – 5.00pm. A free goodies bag will be given out to all festival participants.

For guests who would only like to join one single class the cost is 600THB per person per 60-minute class, 900THB per 90-minute class, and 1,200THB per 120-minute class.

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – Flow Yoga with <i>Kanlayanee Martthuean</i> (60 mins)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 – 10.30am	Festival Begins: Welcome Talk / Introduction to Today's Program / Daily lucky draw	Butterfly Room
10.30 – 11.30am	Chanting Meditation & Dialogue with Your Heart with <i>Tania Ho</i> (60 mins)	Meditation Pavilion
11.45 – 12.45pm	Soul Writing with <i>Sarah Walton</i> (60 mins)	Meditation Pavilion
12.45pm	Vegetarian Lunch	Soul Food Corner
2.00 – 3.30pm	Healing from Fatigue & Burnout Workshop with <i>Wanda Duncan</i> (90 mins)	Meditation Pavilion
3.30 – 4.00pm	Healthy Tea Break	Soul Food Corner
4.00 – 5.00pm	Shamanic Journey Meditation with <i>Tania Ho</i> (60 mins)	Meditation Pavilion
5.00 – 6.30pm	In-House Guest Only Leisure time to enjoy free welcome massage by lake / lucky draw prizes / private practitioner sessions	n/a
6.30pm	In-House Guest Only – Dinner	Soul Food Corner
7.45 – 8.45pm	In-House Guest Only – Daring To Rest: Peace of Mind with <i>You Min Yap</i> (60 mins)	Meditation Pavilion

*Program may subject to change without prior notice.
Last Updated: 25 February 2019



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DAY 3 - OCT 13TH, 2019 (SUNDAY)

*1-Day Festival Day Pass at 1,200THB per person includes lunch and program from 10.00am – 5.00pm. 5% of proceeds will be donated to Emoto Peace Project.

Festival day pass is applicable for activities from 10am – 5.00pm. A free goodies bag will be given out to all festival participants.

For guests who would only like to join one single class the cost is 600THB per person per 60-minute class, 900THB per 90-minute class, and 1,200THB per 120-minute class.

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – Kaoshikii Dance & Crystal Singing Bowl Meditation with <i>Kanlayanee Marthuean</i> (60 mins)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 - 10.30am	Festival Begins: Welcome Talk / Introduction to Today's Program / Daily lucky draw for new guests only	Butterfly Room
10.30 – 12.30pm	Forest Bathing with <i>Youmin Yap</i> (120 mins)	Meeting Point: Lobby
12.30pm	Vegetarian Lunch	Soul Food Corner
1.30 – 2.30pm	How to use Improvisation (Improv) to Heal with <i>Wanda Duncan</i> (60 mins)	Meditation Pavilion
2.30 – 3.00pm	Healthy Tea Break	Soul Food Corner
3.00 – 5.00pm	Listening to the Whispers of Your Soul Workshop with <i>Kerry Evans-Alder</i> (120 mins)	Meditation Pavilion
5.00 – 6.30pm	In-House Guest Only - Leisure time to enjoy free welcome massage by lake / lucky draw prizes / private practitioner sessions	n/a
6.30pm	In-House Guest Only – Dinner	Soul Food Corner
7.45 – 8.45pm	In-House Guest Only – Storytelling Around the Sacred Fire With <i>Sarah Walton</i> (60 mins)	Bonfire outside of Soul Food Corner



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DAY 4 - OCT 14TH, 2019 (MONDAY)

***Special Bonus Program is reserved and exclusive for In House Guest Only. Please note that this program is not open to outside guests.**

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – Open The Door of Life Qi Gong with <i>Watchararat Srichamroen</i> (60 minutes)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 - 11.30am	In-House Guest Only – Go-with-the-Flow Closure Circle: - Group Sharing and Q&As with all teachers – - What's Next? – - Sound Bath - Facilitated by <i>Tania Ho and Watchararat Srichamroen</i> (90 mins)	Meditation Pavilion
12.00pm	Check out	n/a
12.30pm	Vegetarian Lunch	Soul Food Corner

Guests who stay after Oct 14th will follow our regular wellness activity schedule starting the afternoon.



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WORKSHOP / CLASS DESCRIPTIONS

INNER & OUTER DE-CLUTTERING WORKSHOP: CREATE A LIFE YOU LOVE
120 MINS

Facilitator: Kerry Evans-Alder

Date & Time: Oct 11, 2019 (Friday) at 3.30 – 5.30pm

Description: This workshop will begin with the inner de-cluttering by clearing away any mental, emotional and physical clutter that no longer serve you. So you can tune into your inner wisdom within and release any outdated stories. For the outer de-cluttering, Kerry will show you how you can de-clutter your home or workspace using the principles of Feng Shui to enhance the flow of abundance and to create a life you love.

for in-house guest only

"DANCE THROUGH YOUR HEART" MOVEMENT MEDITATION
60 MINS

Facilitator: Watchararat Srichamroen (A)

Date & Time: Oct 11, 2019 (Friday) at 7.45 – 8.45pm

Description: Often in our life journey, we may have experienced hurt from others and we may also have hurt others. We carry so many burdens, deceit, broken promises, anger, disappointments and challenges in our hearts that make us feel heavy and tired.

Inspired by dancing as a way to stretch the body and to calm the mind, this class aims to cultivate inner strength, flexibility, and a deeper connection with your heart. Also a fun time to release any negative emotions that are blocking your experience of joy, and to embrace your inner dancing child.

for in-house guest only

FLOW YOGA
60 MINS

Facilitator: Kanlayanee Martthuean (Jang)

Date & Time: Oct 12, 2019 (Saturday) at 8.00 – 9.00am

Description: A sequence of Yoga asanas focusing on breathing and self-energy while targeting specific area of the body. Each movement is coordinated with breathing to flow from one pose to the next.

for in-house guest only



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CHANTING MEDITATION & DIALOGUE WITH YOUR HEART

60 MINS

Facilitator: Tania Ho

Date & Time: Oct 12, 2019 (Saturday) at 10.30 – 11.30am

Description: The sound vibrations from chanting sacred mantras can help to massage our inner organs and start to awaken our energy flow. Chanting transcends all senses and can take us beyond time and space. It helps us to express our voices and one does not need to sing well to chant. You can sing as softly or as loudly as you wish; all it matters is that you feel comfortable and relaxed. The session will be finished by a dialogue with your heart exercise, where in groups of two each person will take turn to represent the partner's heart and share any insights without judgment.

SOUL WRITING WORKSHOP

60 MINS

Facilitator: Sarah Walton

Date & Time: Oct 12, 2019 (Saturday) at 11.45 – 12.45pm

Description: Meditation techniques are used to guide the writer to access their imagination, combined with creative writing skills to help shape symbols, emotions, ideas, memories and words into coherent structure that can be developed into story.

Writing can accompany the individual on the healing path to wholeness. In many Northern European languages the ancient root of the word “whole” comes from the word “heal.” Through story we can invite fragments of ourselves back into oneness.

HEALING FROM FATIGUE & BURNOUT WORKSHOP

90 MINS

Facilitator: Wanda Duncan

Date & Time: Oct 12, 2019 (Saturday) at 2.00 – 3.30pm

Description: You've probably been tired before. But how long have you been operating out of this tired state? If you're honest with yourself, have you only had moments of temporary relief? Burnout is a state of physical and emotional exhaustion. And you can recover from it. I'd love to share with you three tools you can use to help you on your path to healing.

- ✓ Learn how to ground yourself and share in the community and support of others who are feeling the fire.
- ✓ Identify specific opportunities for change.
- ✓ Take with you realistic modifications you can implement in your life right away to aid you in getting your life into alignment.

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Get the support you need to organize your thoughts and feelings, and transmute your pain into a more manageable life experience. If you're traveling to leave the stresses of your day-to-day life behind, this is your opportunity to put your baggage down and consciously choose what you're going to take back with you.

SHAMANIC JOURNEY MEDITATION

60 MINS

Facilitator: Tania Ho

Date & Time: Oct 12, 2019 (Saturday) at 4.00 – 5.00pm

Description: A Shamanic journey is a type of visualization meditation, where you can journey to the Upper World to meet your spirit guides or Lower World to meet your power animals. Through Shamanic journey, you will receive guidance and messages regarding your daily life.

DARING TO REST: PEACE OF MIND

60 MINS

Facilitator: Youmin Yap

Date & Time: Oct 12, 2019 (Saturday) at 7.45 – 8.45pm

Description: We will embody rest in this workshop through Daring to Rest yoga nidra meditations. Yoga nidra is a sleep-based meditation known to effectively power down our brain waves and help people achieve deep rest. We will focus on our mental body and third chakra (the solar plexus) in this workshop, shedding our mental exhaustion and embracing mind-less-ness. As we lie down together as a tribe, we will release our burdens, reclaim our personal power and rise with a peace of mind.

for in-house guest only

KAOSHIKII DANCE & CRYSTAL SINGING BOWLS

60 MINS

Facilitator: Kanlayanee Martthuean (Jang)

Date & Time: Oct 13, 2019 (Sunday) at 8.00 – 9.00am

Description: This fun morning class begins with a short Kaoshikii Dance session, a rhythmic yogic dance that helps to develop mental stamina and strength. Followed by a crystal singing bowl meditation to immerse our ears and entire being in total vibrational bliss.

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FOREST BATHING

120 MINS

Facilitator: Youmin Yap

Date & Time: Oct 13, 2019 (Sunday) at 10.30– 12.30pm

Description: Forest bathing or shinrin-yoku, takes you slowly and intentionally through nature. Through a series of invitations, you will be facilitated to awaken your senses to deepen your connection with yourself, with nature, and with others. Contrary to many beliefs, forest bathing is not hiking and it is also not a naturalist walk. Immersing sensuously in nature (fully clothed!), focusing on 'being' rather than 'doing', and focusing on our intuition, you may be surprised by the stories that nature is holding for you.

HOW TO USE IMPROVISATION (IMPROV) TO HEAL

60 MINS

Facilitator: Wanda Duncan

Date & Time: Oct 13, 2019 (Sunday) at 1.30 – 2.30pm

Description: In this session, we'll explore how to be more comfortable with ourselves and work cohesively in a group. Improvisation (improv) is creating in the moment without pre-planning. It's often taught in a comedic style.

Improv helps you to:

- Speak more easily with family, friends, and strangers
- Be more comfortable and sociable in public settings
- Improve your brainstorming and creative thinking ability

Build your confidence and self-acceptance, plus loads more!

LISTENING TO THE WHISPERS OF YOUR SOUL WORKSHOP

120 MINS

Facilitator: Kerry Evans-Alder

Date & Time: Oct 13, 2019 (Sunday) at 3.00 – 5.00pm

Description: In this workshop you will discover techniques to help you listen to the messages that your Soul wishes to express. You will create a soul collage and then we will interpret the unique messages given by your Soul. We will then finish the workshop with you choosing an Oracle card and interpreting the message for you.



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STORYTELLING AROUND SACRED FIRE

60 MINS

Facilitator: Sarah Walton

Date & Time: Oct 13, 2019 (Sunday) at 7.45 – 8.45pm

Description: Fire is a powerful nature element that can help to transmute energy. In this casual gathering, you will write down all the stories and emotions that you'd like to let go to the fire. After letting go of these stories, we will finish with gazing and relaxing under the stars.

for in-house guest only

OPEN THE DOOR OF LIFE QI GONG

60 MINS

Facilitator: Watchararat Srichamroen (A)

Date & Time: Oct 14, 2019 (Monday) at 8.00 – 9.00am

Description: Enjoy the flow of Qi Gong movements to harmonize with the body's energy. This class will focus on specifically activating the Door of Life "Ming Men" point, a powerful energy gate within the body for balance and vitality.

for in-house guest only