



*Let Nature Inspire Your Creative Spirit*

Fourth-Year Anniversary Event  
 ~ Museflower Life Festival ~

WEEKEND RETREAT PROGRAM FOR OCT 5 – 8, 2018

DAY 1 – OCT 5<sup>TH</sup>, 2018 (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
3.30– 4.00pm	In-House Guests Only - <b>Festival Opening Circle</b> - Introduction & Setting Intention - With <i>Tania Ho</i> and <i>Watchararat Srichamroen</i> (30 mins)	Meditation Pavilion
4.00 – 5.30pm	In-House Guests Only - <b>Breathwork Workshop: The Spirit of Change</b> with <i>Susanna Eduini</i> (90 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
7.30 – 8.30pm	In-House Guests Only - <b>“Dance Through Your Heart” Movement Meditation</b> with <i>Watchararat Srichamroen</i> (60 mins)	Meditation Pavilion
Evening	Unwind / Relax / Connect / Rest	n/a



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## DAY 2 – OCT 6<sup>TH</sup>, 2018 (SATURDAY)

\*1-Day Festival Day Pass at 880THB 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 500THB per person per 60-minute class and 750THB per 90-minute class.

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – <b>Flow Yoga</b> 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	<b>Festival Begins:</b> Welcome Talk / Introduction to Today's Program / Daily lucky draw	Butterfly Room
10.40 – 11.15am	<b>Chanting Meditation</b> with <i>Tania Ho</i> (40 mins)	Meditation Pavilion
11.30 – 12.30pm	<b>Heart Integration Workshop</b> with <i>Mabel Ng</i> (60 mins)	Meditation Pavilion
12.30pm	Vegetarian Lunch	Soul Food Corner
2.00 – 3.00pm	<b>Soul Writing Workshop</b> with <i>Sarah Walton</i> (60 mins)	Meditation Pavilion
3.00 – 3.30pm	Healthy Tea Break	Soul Food Corner
3.30 – 5.00pm	<b>Diva Luna – Divine Moon, Mother of Intuition Workshop</b> with <i>Susanna Eduini</i> (90 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
7.30 – 9.00pm	In-House Guest Only – <b>Inner Dance Sound Healing</b> with <i>Mabel Ng</i> (90 mins)	Meditation Pavilion

*\*Program may subject to change without prior notice.*

Last Updated: 22 June 2018



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## DAY 3 – OCT 7<sup>TH</sup>, 2018 (SUNDAY)

\*1-Day Festival Day Pass at 880THB 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 500THB per person per 60-minute class and 750THB per 90-minute class.

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – <b>Yoga Mudra Meditation</b> with <i>Kanlayanee Martthuean</i> (60 mins)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 – 10.20am	<b>Festival Begins:</b> Welcome Talk / Introduction to Today's Program / Daily lucky draw for new guests only	Butterfly Room
10.30 – 12.00pm	<b>Body Alignment Workshop:</b> <b>Improve Your Posture with Exercise &amp; Massage</b> with <i>Kanlayanee Martthuean</i> (90 mins)	Butterfly Room
12.00pm	Vegetarian Lunch	Soul Food Corner
1.30 – 2.30pm	<b>Shamanic Journey Meditation</b> with <i>Tania Ho</i> (60 mins)	Meditation Pavilion
2.30 – 3.00pm	Healthy Tea Break	Soul Food Corner
3.00 – 5.00pm	<b>Forest Bathing</b> with <i>You Min Yap</i> (120 mins)	Meeting Point: 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
7.30 – 8.30pm	In-House Guest Only – <b>Storytelling Around the Sacred Fire</b> With <i>Sarah Walton</i> (60 mins)	Bonfire outside of Soul Food Corner

*\*Program may subject to change without prior notice.*

Last Updated: 22 June 2018



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DAY 4 - OCT 8<sup>TH</sup>, 2018 (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 – <b>Flow of Chi with Watchararat Srichamroen</b> (60 minutes)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 - 11.00am	In-House Guest Only –  <b>Go-with-the-Flow Closure Circle:</b> - Group Sharing and Q&As with all teachers - - Group Artwork -  Facilitated by <i>Tania Ho and Watchararat Srichamroen</i> (60 mins)	Meditation Pavilion
12.00pm	Check out	n/a
12.30pm	Vegetarian Lunch	Soul Food Corner

*Guests who stay after Oct 8<sup>th</sup> will follow our regular wellness activity schedule starting the afternoon.*



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## WORKSHOP / CLASS DESCRIPTIONS

### BREATHWORK WORKSHOP: THE SPIRIT OF CHANGE 90 MINS

**Facilitator:** Susanna Eduini

**Date & Time:** Oct 5, 2018 (Friday) at 4.00 – 5.30pm

**Description:** Breathwork is a simple, gentle yet powerful conscious breathing technique. It works on the principle that there is a direct connection between mental and physical wellbeing and the openness of the breathing. Relaxing and releasing the breath dissolves tension in both the body and the mind and gives an experience of freedom and expanded awareness on all levels: physical, emotional, psychological and spiritual. Then a state of intense consciousness arises and is clearly perceived, where memories, pictures, emotions or body sensations can surface to be reviewed, released and integrated.

\*for in-house guest only\*

### "DANCE THROUGH YOUR HEART" MOVEMENT MEDITATION 60 MINS

**Facilitator:** Watchararat Srichamroen (A)

**Date & Time:** Oct 5, 2018 (Friday) at 7.30 – 8.30pm

**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 heart that make we feel heavy and heart 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 true happiness, and to embrace the power of unconditional love.

\*for in-house guest only\*

### FLOW YOGA 60 MINS

**Facilitator:** Kanlayanee Martthuean (Jang)

**Date & Time:** Oct 6, 2018 (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 40 MINS

**Facilitator:** Tania Ho

**Date & Time:** Oct 6, 2018 (Saturday) at 10.40 – 11.15am

**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.

### HEART INTEGRATION WORKSHOP 60 MINS

**Facilitator:** Mabel Ng

**Date & Time:** Oct 6, 2018 (Saturday) at 11.30 – 12.30pm

**Description:** The Heart Integration Workshop is an Ascension Tool, a Higher Frequencies Moving Meditation of Light and Unity Consciousness, that is here to assist humanity in clearing the four energy bodies (the emotional, physical, spiritual, and mental) represented in the four chambers of our physical hearts. In this workshop we learn how to fill our sacred heart centers with Pure Love and Light Consciousness.

### SOUL WRITING WORKSHOP 60 MINS

**Facilitator:** Sarah Walton

**Date & Time:** Oct 6, 2018 (Saturday) at 2.00 – 3.00pm

**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.

### DIVA LUNA – DIVINE MOON, MOTHER OF INTUITION WORKSHOP 90 MINS

**Facilitator:** Susanna Eduini

**Date & Time:** Oct 6, 2018 (Saturday) at 3.30 – 5.00pm

**Description:** The Moon is a feminine symbol, universally representing the rhythm of time as it embodies the cycle of Nature. The phases of the moon symbolize immortality and eternity, enlightenment or the dark side of Nature herself.



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“Diva Luna” in old Latin means “Divine Moon” and it represents also our emotions. During the four phases of the moon our sensitivities are heightened. This workshop allows us to channel these higher states into manifestation or release and we will be working with the phase present during the Life Festival weekend.

#### INNER DANCE SOUND HEALING 90 MINS

**Facilitator:** Mabel Ng

**Date & Time:** Oct 6, 2018 (Saturday) at 7.30 – 9.00pm

**Description:** Inner Dance Sound Healing is a meditative journey with music, allowing each person to enter a trance-like state of awareness. Created by Pi Villaraza from the Philippines, this healing modality may help to release any emotions or energies that no longer serve us, access our inner wisdom for guidance, or invoke a deep sense of silence and peace.

What we receive during the session is often what we need at that moment. Each journey's experience is unique and different for each participant. It is best to leave your judgment and expectations and allow the magic to unfold itself. The journey begins by lying down.

\*for in-house guest only\*

#### YOGA MUDRA 60 MINS

**Facilitator:** Kanlayanee Martthuean (Jang)

**Date & Time:** Oct 7, 2018 (Sunday) at 8.00 – 9.00am

**Description:** A sound meditation class where you learn how to activate each chakra with a particular sound and hand mudra.

\*for in-house guest only\*

#### BODY ALIGNMENT WORKSHOP: IMPROVE YOUR POSTURE WITH EXERCISE & MASSAGE

90 MINS

**Facilitator:** Kanlayanee Martthuean (Jang)

**Date & Time:** Oct 7, 2018 (Sunday) at 10.30 – 12.00pm

**Description:** In this workshop, Jang will show you different yoga poses, stretching exercises and self-massage techniques on how to improve your posture, focusing on opening your chest and your hips. Aligned and balanced posture helps to keep your organs, joints, spine, and bones healthy, and to prevent any muscle aches and straining such as lower back pain.



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### SHAMANIC JOURNEY MEDITATION 60 MINS

**Facilitator:** Tania Ho

**Date & Time:** Oct 7, 2018 (Sunday) at 1.30 – 2.30pm

**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.

### FOREST BATHING 120 MINS

**Facilitator:** You Min Yap

**Date & Time:** Oct 7, 2018 (Sunday) at 3.00 – 5.00pm

**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. Immersing in nature, focusing on 'being' rather than 'doing', and focusing on our intuition. You may be surprised by the stories that nature is holding for you.

### STORYTELLING AROUND SACRED FIRE 60 MINS

**Facilitator:** Sarah Walton

**Date & Time:** Oct 7, 2018 (Sunday) at 7.30 – 8.30pm

**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\*

### FLOW OF CHI 60 MINS

**Facilitator:** Watchararat Srichamroen

**Date & Time:** Oct 8, 2018 (Monday) at 8.00 – 9.00am

**Description:** Combining the flow of Qi Gong and Tai Chi movements with music to activate your meridian lines, followed by a grounding meditation to connect with the energy of the Universe.

\*for in-house guest only\*