



Let Nature Inspire Your Creative Spirit

Museflower Soul Retreat: Dare to Be Happy Program Schedule

Dates: Dec 26 - 29, 2022

**Facilitated by: Tania Ho, Watchararat Srichamroen,
with visiting teachers Phongsan and Daosrung Meekunnasombat**

Day 1: December 26, 2022 (Mon) – Grounding – Earth + Water

Time	Session	Facilitator
2pm	Check-in & Arrival	n/a
3 – 4pm	Restorative yoga 60 mins	A
4 - 5.30pm	Opening Ceremony + Setting Intention with Labyrinth Walk	Tania
5.30 – 6.30pm	Leisure time to enjoy our facilities or a spa treatment	n/a
6.30pm – 8pm	Dinner	n/a
8pm – 9pm	Relaxing Sound Bath 60 mins	Kay & Dao and A

Day 2: December 27, 2022 (Tue) – Releasing – Water + Fire

Time	Session	Facilitator
8am – 9.30am	Breathwork 90 mins *before breakfast	Kay & Dao
9.30 – 10.30am	Breakfast	n/a
10.30am – 12.30pm	Shamanic Journey – Connect with Your Power Animal + Nature Mandala	Tania & A
12.30pm	Lunch	n/a
Afternoon	Leisure time to enjoy our facilities or a spa treatment	n/a
4 – 6.30pm	Labyrinth Walk and Kirtan	Tania, Kay & Dao
6.30pm – 8pm	Dinner	n/a



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8 – 9 pm	Happy Dance 60 mins	A
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Day 3: December 28, 2022 (Weds) – Harnessing – Fire + Air

Time	Session	Facilitator
8.30 – 9.30am	Qi Gong 60 mins	Kay & Dao
9.30 – 10.30am	Breakfast	n/a
10.30am – 12.30pm	Shamanic Journey – Connect with Your Inner Teacher + Fire Release Ceremony	Tania
12.30pm	Lunch	n/a
2pm	Leisure time to enjoy spa treatment or private sessions	n/a
4 – 6.30pm	Cacao Ceremony + Community Kirtan by bonfire	Kay & Dao
6.30pm – 8pm	Dinner	n/a
Evening	Leisure time: Enjoy the bonfire / Rest	n/a

Day 4: December 29, 2022 (Thu) – Integration – Air + Earth

Time	Session	Facilitator
8 – 9.30am	Tai Chi 90 mins	Kay & Dao
9.30 – 10.30am	Breakfast	n/a
10.30am – 12.30pm	Closing ceremony with Labyrinth Walk	Tania
12.30pm	Lunch & check out	n/a

*Please note schedule times or sessions may change depending on the number of participants and flow of the group.