



Let Nature Inspire Your Creative Spirit

Sacred Rest in Nature Retreat at Museflower: Program Schedule

Dates: December 1 – 6, 2023

Facilitators: Youmin Yap and Tania Ho

Day 1: Arrival - Dec 1, 2023 (Fri)

Time	Programme
2pm	Check-in opens
4 – 6pm	Welcome circle + setting intention for the retreat Physical Rest with Yoga Nidra by Youmin
6.30 – 8pm	Dinner
Evening	Leisure time to relax and rest

Day 2: Earth - Dec 2, 2023 (Sat)

Time	Programme
7 – 8am / 8.30 – 9.30am	Optional morning yoga / wellness class at additional cost
8 – 10am	Breakfast
10.30– 12.30pm	Sensory Rest with Forest Bathing and Yoga Nidra by Youmin <i>*session is open to other non-retreat guests</i>
12.30 – 2pm	Lunch break
3 – 4pm	Optional afternoon yoga class at additional cost / enjoy the facilities at Museflower
4 – 5.30pm	Spiritual Rest with Shamanic Journey by Tania
6.30 – 8pm	Dinner
Evening	Leisure time to visit Chiang Rai's weekend night market (at additional cost) or relax and rest

Day 3: Water - Dec 3, 2023 (Sun)

Time	Programme
7 – 8am / 8.30 – 9.30am	Optional morning yoga / wellness class at additional cost
8 – 10am	Breakfast

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

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10.30– 12.30pm	Emotional Rest with Cacao Ceremony by Tania and Yoga Nidra by Youmin <i>*session is open to other non-retreat guests</i>
12.30 – 2pm	Lunch break
3 – 4pm	Optional afternoon yoga class at additional cost / enjoy the facilities at Museflower
4 – 5.30pm	Emotional Rest with Ho'oponopono Forgiveness practice by Tania
6.30 – 8pm	Dinner
8 – 9pm	Creative Rest with HappyDance evening class by A

Day 4: Fire - Dec 4, 2023 (Mon)

Time	Programme
7 – 8am / 8.30 – 9.30am	Optional morning yoga / wellness class at additional cost
8 – 10am	Breakfast
10.30– 12.30pm	Mental Rest with Fire Release Ceremony by Tania and Yoga Nidra by Youmin
12.30 – 2pm	Lunch break (optional: social rest time - silent lunch)
Afternoon	Leisure time for sightseeing around Chiang Rai at additional cost or enjoy the facilities at Museflower
6.30 – 8pm	Dinner
Evening	Leisure time to relax and rest

Day 5: Air - Dec 5, 2023 (Tue)

Time	Programme
7 – 8am / 8.30 – 9.30am	Optional morning yoga / wellness class at additional cost
8 – 10am	Breakfast
10.30– 12.30pm	Creative Rest with Yoga Nidra and Tea by Youmin
12.30 – 2pm	Lunch break
3 – 4pm	Optional afternoon yoga class at additional cost / enjoy the facilities at Museflower

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4 – 5.30pm	Creative Rest with Kirtan by Tania
6 – 9pm	Farewell dinner + Social Rest with Story-weaving time

Day 6: Departure - Dec 6, 2023 (Wed)

Time	Programme
7 – 8am / 8.30 – 9.30am	Optional morning yoga / wellness class at additional cost
8 – 10am	Breakfast
10am – 12.30pm	Sensory Rest with Forest bathing and Heart intention from soul words by Youmin Closing of retreat
12.30pm	Lunch and check-out

Schedule Notes:

- Classes indicated as open to others mean that other Museflower guests may opt to join the same session according to the group wellness activity schedule
- Your 60-min signature massage will be scheduled in the afternoon leisure time. If you would like to adjust your spa appointment time, please let Reception know upon arrival.
- This program does not include any yoga classes, however it is recommended that you continue your yoga practice daily either by yourself or joining our group yoga classes in the morning or afternoon for a complete immersion experience. If you are interested to join our group yoga classes, please inquire at our Reception

Preparation:

We will prepare all materials needed for the sessions, including any notes, a journal and stationery. You are welcome to bring your own if you like.

Below items are all optional:

- Your own sacred objects to place in our group's nature altar (for example, crystals, stones, pictures of your spiritual teachers / ancestors, special jewelry items, anything else that feels sacred to you)
- Your own personal comfort objects to rest in Yoga Nidra sessions, such as your favorite T-shirt, pillow, blanket, eye mask

Most importantly, come with an open heart and a curious mind!

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Stay in Touch:

Be sure to sign up for Museflower newsletter to keep updated on our offerings, and our blog for wellness tips on how to meditate in a fun, easy and practical way:

<https://museflowerretreat.com/museflower-newsletter/>

Follow Youmin and stay updated on her offerings from her IG page: [@forestbathingsg](https://www.instagram.com/forestbathingsg)

You can also reach Youmin directly at yumin.yap@xiunatureconnections.com and Tania at tania@museflower.com for any questions and sharing.

Thank you and we look forward to resting and sharing this journey with you.

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