



*Let Nature Inspire Your Creative Spirit*



## **Cacao + Bhakti Yoga Retreat - Let Your Heart Sing at Museflower:** **Program Schedule**

**Dates:** October 3 - 6, 2024 (Thurs to Sun)

**Facilitators:** Tania Ho and Watchararat Srichamroen (A)

**Special Guest Teachers:** Hao Wong and Boom Nanthaharn

### **Day 1: Arrival - Oct 3, 2024 (Thu)**

<b>Time</b>	<b>Programme</b>
2pm	Check-in opens
4 - 6pm	Welcome circle + setting intention for the retreat by Tania What is Bhakti Yoga? Choose your flower essence to support your emotional journey
6.30 - 8pm	Dinner
Evening	Leisure time to relax and rest

### **Day 2: Oct 4, 2024 (Fri)**

<b>Time</b>	<b>Programme</b>
7 - 8am	Morning group yoga class by A
8 - 8.30am	Morning group meditation class by A
8.30 - 10am	Breakfast
10.00- 12.30pm	Cacao Ceremony & Bhakti Yoga Practice: Mantra meditation, storytelling and Shamanic Journey by Tania
12.30 - 2pm	Lunch break
Afternoon	Leisure time to enjoy your spa treatment and other retreat facilities
4 - 6pm	Fire release ceremony & Kirtan (devotional chanting) by Tania
6.30 - 8pm	Dinner
8 - 9pm	HappyDance evening class by A

#### **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, +66-(0)96-262-2465

Email: [retreat@museflower.com](mailto:retreat@museflower.com)

Website: [www.museflowerretreat.com](http://www.museflowerretreat.com)



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### Day 3: Oct 5, 2024 (Sat)

Time	Programme
7 - 8am	Morning group yoga class by A
8 - 8.30am	Morning group meditation class by A
8.30 - 10am	Breakfast
10.00- 12.30pm	Cacao Ceremony & Bhakti Yoga Practice: Mantra meditation, storytelling and Labyrinth walk by Tania
12.30 - 2pm	Lunch break
Afternoon	Leisure time to enjoy your spa treatment and other retreat facilities
4 - 6pm	Kirtan (devotional chanting) by Hao and Boom <i>*session is open to other non-retreat guests</i>
6.30 - 8pm	Dinner
8 - 9pm	Evening sound bath with Hao and Boom

### Day 4: Departure - Oct 6, 2024 (Sun)

Time	Programme
7 - 8am	Morning group yoga class by A
8 - 8.30am	Morning group meditation class by A
8.30 - 10am	Breakfast
10am - 12.30pm	Bhakti Yoga Practice: Mantra meditation, storytelling by Tania Kirtan by Tania, Hao and Boom Closing of retreat by Tania
12.30pm	Lunch and check-out

#### Schedule Notes:

- Please note that all session times and topics may be adjusted depending on the number of participants.
- 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

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- 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.

**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, images, special jewelry items, anything else that feels sacred to you)

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

**Questions:**

Schedule a free 30-minute discovery Zoom call with Tania to discuss if this retreat is right for you here: <https://calendly.com/taniasoulguide/discovery>

You can also reach Tania directly at [tania@museflower.com](mailto:tania@museflower.com) or send us a whatsapp at +66-(0)93-137-0414 for any questions.

**Stay in Touch:**

Be sure to sign up for Museflower newsletter to get a free 500THB credit voucher to exchange for a 60-minute group class here:

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

Follow Hao and stay updated on his offerings from his IG page: [@hao.bhakti](https://www.instagram.com/hao.bhakti)

Follow Boom and stay updated on his offerings from his IG page: [@boom.nandaharn](https://www.instagram.com/boom.nandaharn)

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

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