

# Healers Retreat

IT'S TIME TO REST...

20-24 OCT 2022  
SOUTH OF DIANI BEACH



CONSCIOUS KENYA  
RETREATS





# Fluid Schedule

## **Day 1:**

Arrive  
Settle in & Explore  
Heartwarmers  
Opening Ceremony

## **Dinner**

Sign up for offerings





# Fluid Schedule

## Day 2:

Morning Meditation

### Breakfast

{2 Potential Session Offerings}  
**Ocean/Water Ceremony**

### Lunch

Check in Circle / Swaps  
{1 Afternoon Offering}  
{1 Evening Offering}

### Dinner

{1 Night Offering}

### Note

All offerings are optional. Number and Time of offerings according to sign ups.



# Fluid Schedule

**Day 3:**

Morning Meditation

**Breakfast**

{3 Session Offerings}

**Lunch**

Check in Circle / Swaps

{1 Afternoon Offering}

{1 Evening Offering}

**Dinner**

**Bonfire Jamming**

**Poetry, Music, Storytelling**



# Fluid Schedule

**Day 4:**

Morning Meditation

Breakfast, Lunch & Dinner

**\*~\*Free flow day according to  
community energy\*~\***

Could co-create art / chill /  
create a healers association /  
music / beach / trip / ceremony  
boat / sessions / rest / nothing!

**Pizza Under the Stars**  
(outdoor brick oven, gluten-free)





# Fluid Schedule

**Day 5:**

Free flow

**Breakfast**


Depart at leisure





# What to Bring

Your spiritual tools  
Journal  
Musical instruments  
Your poetry  
Crystals  
Cards  
Refillable water bottle  
Yoga mat  
Open mind  
Love





# Healers Retreat

SOUTH COAST  
20-24 OCT 2022

5 days of rest, reconnection,  
play, healing & co-creation  
with conscious community

Tunainuana

Share one offering  
Receive nine offerings

Intimate space, limited numbers

Book: 0717685161 or

[consciouskenya.com/healersretreat](https://consciouskenya.com/healersretreat)

Early Bird: 23,200/- 4 nights, full board



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