



Healers Retreat

IT'S TIME TO REST...

19-23 OCT 2023
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
19-23 OCT 2023

**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: 25,500/- 4 nights, full board



**CONSCIOUS KENYA
RETREATS**