

BE YOUR BEST SELF

EMPOWERING YOU TO LEAD YOUR OWN LIFE

THUR 26 FEBRUARY - SUN 1 MARCH 2026

Outline of *Flow*

Thur

12 - 12.30PM

WARM WELCOME TO ROUNDWOOD
HOUSE ; CHECK IN

LIGHT LUNCH & FIRST CONNECTIONS

2PM - 3PM

WORKSHOP 1 *Arriving Into the Present*

GROUNDING: STRETCH, MOVE, BREATHE
INFORMAL INTRODUCTIONS
EXPLORATION OF PERSONAL INTENTIONS /
GROUP INTENTION
SETTING OUR RULES OF ENGAGEMENT
FOR COMFORT & CONNECTION

3.15PM - 4.15PM

WORKSHOP 2 *Be your Best Self*

GUIDED FORMAL INTRODUCTIONS

INTERACTIVE LEARNING INCLUDES:

- THE ORIGIN & STORY BEHIND YOUR
THOUGHTS & EMOTIONS
- UNDERSTANDING YOUR INNER DIALOGUE
- YOUR INNER WISDOM
- THE SOURCE OF YOUR UNCONSCIOUS &
UNCONSCIOUS CHOICES & BEHAVIOUR

4.30PM - 8.00PM

PERSONAL TIME FOR MINDFUL EXPLORATION
& RELAXATION
JOURNAL INVITATION / REFLECTIVE WORK
REST

8PM

DINNER TOGETHER

WELCOME TO THE KITCHEN
OF ROUNDWOOD HOUSE.
EVERYTHING IS MADE IN-HOUSE.

Fri

Taking Stock of Self

7.30AM	RESTORATIVE MOVEMENT
8.30AM	MINDFUL BREAKFAST FROM ROUNDWOOD KITCHEN. EVERYTHING IS MADE IN-HOUSE
10AM - 1PM	<p>WORKSHOP 3 <i>How to use your Story as a Resource for your Life</i></p> <p>GROUNDING: STRETCH, MOVE, BREATHE CHECK IN ON PREVIOUS DAY / EVENING</p> <p>GUIDED STORY PRESENTATIONS</p> <p>INTERACTIVE TEACHING INCLUDES:</p> <ul style="list-style-type: none">• UNDERSTANDING WHAT IT MEANS TO HAVE A RELATIONSHIP WITH SELF• THE ROLE OF RESPONSIBILITY WITH COMPASSION IN YOUR LIFE• HOW TO CREATE CHANGE / RESET THE VOICE WITHIN
1PM - 4.30PM	<p>PERSONAL TIME FOR MINDFUL EXPLORATION & RELAXATION LIGHT LUNCH TAKEN INDEPENDENTLY & IN SILENCE JOURNAL INVITATION / REFLECTIVE WORK BOOK A MASSAGE POSSIBLE ONE-TO-ONE BRIEF CHECK-IN WITH FACILITATOR</p>
4.30PM - 5.30PM	<p>OPEN CIRCLE EXPERIENCE SHARE</p>
5.30PM - 8PM	<p>PERSONAL TIME FOR MINDFUL EXPLORATION & RELAXATION JOURNAL INVITATION / REFLECTIVE WORK REST</p>
8PM	<p>DINNER TOGETHER</p> <p>WELCOME TO THE KITCHEN OF ROUNDWOOD HOUSE. EVERYTHING IS MADE IN-HOUSE.</p>

Sat

The Path Forward

7.30AM	RESTORATIVE MOVEMENT
8.30AM	MINDFUL BREAKFAST FROM ROUNDWOOD KITCHEN. EVERYTHING IS MADE IN-HOUSE
10AM - 12.30PM	<p>WORKSHOP 4 <i>Daring to Dream</i></p> <p>GROUNDING: STRETCH, MOVE, BREATHE CHECK IN ON PREVIOUS DAY / EVENING</p> <p>A GUIDED LOOK INTO YOUR FUTURE</p> <p>INTERACTIVE TEACHING INCLUDES:</p> <ul style="list-style-type: none">• BLOCKAGES TO MOVING FORWARD• A FIXED MINDSET V GROWTH MINDSET• CONNECTING LOGIC WITH EXPERIENCE IN YOUR DECISION MAKING• THE ROLE OF GIFT & SHADOW IN OUR LIVES
12.30PM - 4.30PM	<p>PERSONAL TIME FOR MINDFUL EXPLORATION & RELAXATION LIGHT LUNCH TAKEN INDEPENDENTLY & IN SILENCE JOURNAL INVITATION / REFLECTIVE WORK BOOK A MASSAGE POSSIBLE ONE-TO-ONE BRIEF CHECK-IN WITH FACILITATOR</p>
4.30PM - 5.30PM	<p>OPEN CIRCLE EXPERIENCE SHARE</p>
5.30PM - 8PM	<p>PERSONAL TIME FOR MINDFUL EXPLORATION & RELAXATION JOURNAL INVITATION / REFLECTIVE WORK REST</p>
8PM	<p>DINNER TOGETHER</p> <p>WELCOME TO THE KITCHEN OF ROUNDWOOD HOUSE. EVERYTHING IS MADE IN-HOUSE.</p>

Sun

Celebration & Commitment

7.30AM	RESTORATIVE MOVEMENT
8.30AM	MINDFUL BREAKFAST FROM ROUNDWOOD KITCHEN, EVERYTHING IS MADE IN-HOUSE
10AM - 12.30PM	WORKSHOP 4 <i>Taking your retreat Home</i> GROUNDING: STRETCH, MOVE, BREATHE CHECK IN ON PREVIOUS DAY / EVENING AN EXERCISE IN MOVING FORWARD
11AM	CHECK OUT CLOSING JOURNEY INVITATIONS / REFLECTIONS
12PM	CLOSING CIRCLE <ul style="list-style-type: none">• SHARE KEY TAKE-AWAYS• SHARE INTENTIONS TO INTEGRATE PRACTICES INTO DAILY LIFE• HOW TO SELF-CARE ON THE RETURN JOURNEY• OPPORTUNITY FOR CONNECTION• FAREWELL & DEPARTURE

Important Notes

1. THIS OUTLINE PROVIDES A FRAMEWORK WITH WHICH EACH OF US CAN GO ON OUR OWN 'JOURNEY' - IT IS NOT A STRICT FORMULA.
2. THERE WILL BE AN OPPORTUNITY ON FRIDAY FOR A ONE-TO-ONE CHECK-IN WITH STEPHEN.
3. THE PURPOSE OF THIS RETREAT IS TO HOLD SPACE FOR EACH INDIVIDUAL PRESENT & WHAT THEY BRING TO IT.
4. IN THE FLOW OF THE RETREAT THERE WILL BE SPACE FOR EACH GROUP MEMBER TO ASK QUESTIONS, TO LEARN SOME PRACTICAL SKILLS BOTH FROM THE FACILITATORS & FROM EACH OTHER.