

Heart Healing Retreat Schedule – Kempsey 20th-23rd October 2025

Day	Time	Activity
Monday 20 October	9-9.45am	Welcome, intro to retreat, group safety agreements
	9.45-10am	Morning tea
	10am-12pm	Workshop 1 – Finding a safe place
	12pm-1pm	Lunch
	1pm-3pm	Workshop 2 – Connecting to the nurturing Self
	3-3.15pm	Afternoon tea
	3.15pm-4.00pm	Group Reflections
Tuesday 21 October	9-9.45	Morning Mindfulness
	9.45-10am	Morning tea
	10am-12pm	Workshop 3 – Connecting to our inner wounded child
	12pm-1pm	Lunch
	1pm-3pm	Workshop 4 – Expressing feelings
	3-3.15pm	Afternoon tea
	3.15-4pm	Group Reflections
Wednesday 22 October	9-9.45am	Morning Mindfulness
	9.45-10am	Morning tea
	10am-12pm	Workshop 5 – Reparenting our wounded inner child
	12pm-1pm	Lunch
	1-3pm	Workshop 6 – The wonder child
	3-3.15pm	Afternoon tea
	3.15pm-4pm	Group Reflections

Thursday 23 October	9-9.45am	Morning Mindfulness
	9.45-10am	Morning tea
	10-12am	Workshop 7 – Re-imagining a new and empowering story
	12pm-1pm	Lunch
	1pm – 2pm	Workshop 8 - Where to from here?
	2pm	Retreat ends