

Abrahamskraal Silent Retreat

Flow of retreat

Day of arrival

- Check in at 2pm.
- We encourage you to attempt to arrive early to unwind and enjoy the peaceful farm and set your intention for the retreat with guidance from Coach.
- Coaching sessions can be booked between 11am – 6pm (50min each). Connect with coach to clarify and set your intention for the retreat
- Meet with Massage or Reiki therapist to determine treatment that will suit your body during the retreat.
- Yin yoga 6pm
- Dinner to connect with group at 7.30pm (compulsory).
- Convene after dinner for introduction, informal teaching, meditation and to move into noble silence (compulsory).

A retreat day

The full day will be spent in noble silence. You can choose to partake in the following activities (it is not compulsory).

- Yin yoga in the morning
- Group guided meditation in the morning and evening.
- Massage or Reiki individual session.
- Guided walking meditation in afternoon.
- If you would like you can enjoy a variety of mindful spaces on the farm to facilitate deeper connection.

Day of departure

- Group guided meditation
- Breaking the silence as a group (compulsory).
- Yin yoga in the morning.
- Coaching session to support and integrate insights of retreat. Coaching sessions can be booked between 8.30am – 4pm (50min each).
- Check out at 12pm.

Most of the activities during the retreat are optional. The only compulsory activities are the Friday Dinner and meditation as well as the Sunday morning's breaking of the silence activity. We would like the group to move into and out of silence together. Kindly not that the price includes all the activities and does not change whether you choose to utilise only some of them.

- **Coaching:** Connect with the coach at the start of the retreat to clarify and set your intention for the retreat. The coaching session at the end of the retreat will enable you to integrate insights that emerged and support your next step in life.
 - Two coaching sessions are included as part of the 3- or 4-day retreat if you wish to sink deep within.
 - Three coaching sessions are included in the 7-day retreat.
- **Massage / Reiki:**
 - One massage or Reiki treatment is included in the 3-day retreat.
 - Two massage or Reiki treatments are included in the 4- or 7-day retreat