

## Cancerucan Empowerment Retreat 2019

Day 1 – Sunday 13<sup>th</sup> October

When	Duration	What	Where	Who
09:00 – 11:00	2 hours	Volunteers arrival and set-up	Everywhere	Fiona Heather Volunteers - TBC
11:00 – 12:30	1 hour 30 mins	Arrivals Registration Luggage to rooms	Reception Bedrooms	Fiona Heather Volunteers - TBC
12:30 – 13:30	1 hour	Lunch	Dining Room	Everyone
13:30 – 14:15	45 mins	Opening Circle Welcome Set the scene Grounding/Meditation	Garden Room	Fiona
14:15 – 15:45	1 hour 30 mins	Jem Ayres – Inspirational story Positive and empowering	Garden Room	Jem Ayres
15:45 -16:00	15 mins	Tea break	Dining Room	Everyone
16:00 – 17:45	1 hour 30 mins	Movement Meditation Shintaedo	Garden Room (or garden if we're lucky with the weather!)	Masashi
17:45 – 18:00	15 mins	Down time – prepare for dinner		Everyone
18:00 – 19:00	1 hour	Dinner	Dining Room	Everyone
19:00 – 20:00	1 hour	Sharing circle	Break out rooms	5 Smaller Groups with facilitators
20:00 – 21:00	1 hour	Fire Ceremony	Garden	Annee Bury
21:00	30 mins	Healing Circle - with Gongs Honour those who are no longer with us in body	Garden Room	Annee and Paul

Day 2 – Monday 14<sup>th</sup> October

- Market Place – base in the reception area - set-up by 11 for morning break, extended lunch and finish after afternoon tea break at 16:30

When	Duration	What	Where	Who
07:30 – 08:30	1 hour	Energy Exercise (Optional)	Garden room	Sidika
08:00 – 09:00	1 hour	Breakfast	Dining Room	Everyone
09:00 – 09:30	30 mins	Opening Circle	Garden Room	Fiona
09:30 – 11:00	1 hour 30 mins	Rebirthing and music with Eliza Kenyan	Garden Room	Benjamin Tree and Eliza Kenyan
11:00 – 11:15	15 mins	Break - Market place/Stalls		
11:15 -12:45	1 hour 30 mins	Sophie Sabbage – Inspirational speaker		Sophie Sabbage
12:45 -14:30	1 hour 45 mins	Lunch and opportunity to look at Market place/stalls	Dining Room	Everyone
14:30 – 17:15	3 hours 30 mins	2 groups 12-14 people in each group 2 concurrent sessions each lasts for an hour and a half with 30 mins for tea break in between.		
14:30 – 16:00	1 hour 30 mins	Healing foods	Kitchen	Melanie Gamble
16:00 – 16:30	30 mins	Break/swap over – Market place/Stalls		
16:30 - 18:00	1 hour 30 mins	Divine Pampering	Garden Room	Bayari
18:00 – 18:30	30 mins	Down time		Everyone
18:30 – 19:30	1 hour	Dinner	Dining Room	Everyone
19:30 – 21:00	1 hour 30 mins	Making Music	Garden Room	Barry the Guitar man
21:00 - onwards		Dancing	Garden Room	Everyone

Day 3 – Tuesday 15<sup>th</sup> October

When	Duration	What	Where	Who
07:30 – 08:30	1 hour	Yoga - Optional	Garden Room	Joanne
08:00 – 09:00	1 hour	Breakfast	Dining Room	Everyone
09:00 – 09:15	15 mins	Opening Circle	Garden Room	Fiona
09:15 – 10:15	1 hour	Healing stories Our own Cancerucan Stage 4 Thirvers! 3 x 20 mins	Garden Room	Frances Emma Louise Joanne Long
10:15 – 11:15	1 hour	EFT/Psych-K	Garden Room	Fiona
11:15 – 11:30	15 mins	Coffee Break	Dining Room	Everyone
11:30 – 13:00	1 hour 30 mins	Holistic health - Protocols/Treatment/Medical advances etc.	Garden Room	Dr Duncan Still
13:00 -14:00	1 hour	Lunch	Dining Room	Everyone
14:00 – 15:30	1 hour 30 mins	Singing Meditation and Closing Circle	Garden Room	Tarisha
15:30 – 16:00	30 mins	Tea, snack and goodbyes	Dining Room	Everyone
15:30 – 17:00	1 hour 30 mins	Clean up and departures	Everywhere	Everyone Volunteers

Stands from Yes to Life< Together against Cancer, Raphael and Resource me