

The Heart of Stillness - Half Day Retreat

Step away from the busyness and into the heart of stillness. This afternoon retreat is a gentle yet powerful invitation to unwind, reset, and reconnect with the calm already within you. With restorative yoga, meditation, soulful sharing, and creative reflection, you'll be held in a nurturing space designed to soothe your whole being.

What's Included:

Restorative Yoga to Soothe & Support

Sink into stillness with supported poses designed to release deep tension, calm the nervous system, and create space for rest and healing. Each pose is fully supported with props and held for longer periods, offering you time to simply be.

Heart-Centred Meditation

A guided meditation to connect with your inner world and the quiet intelligence of the heart. This gentle practice invites spaciousness, compassion, and presence.

Creative Expression for Insight & Integration

Explore your heart's wisdom through a soul-nurturing creative process, such as intuitive journaling, mandala creation, or drawing to music. No artistic skill needed, just curiosity and openness.

Chai & Afternoon Tea

A lovingly prepared herbal chai and nourishing afternoon tea will be served — think seasonal fruits, bliss balls, and wholesome bites to enjoy slowly and mindfully.

Closing Heart Circle

We'll gather in circle to reflect, share (if you wish), and complete with a grounding ritual to carry the peace of your practice into the days ahead.

This Retreat is For You If You're:

- * Feeling mentally or emotionally depleted
- * Longing for a pause from life's demands
- * Craving a nervous system reset and soul nourishment
- * Seeking a quiet space to rest, reflect, and reconnect