

Example Retreat Itinerary

Day 1

Upon arrival the House Receptionist will be there to meet and greet you and show you to your room.

If you have any questions or queries during your stay please do not hesitate to ask.

The planned events on this itinerary are optional,
We aim to help you relax and enjoy your stay.



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| 10.00am | Tea and coffee available in the Edwards Room |
| 11.00am | Pre booked healing appointments or free time |
| 1.00pm | Light lunch served in the Dining Room |
| 2.00pm | Pre booked healing appointments or free time |
| 4.00pm | Afternoon tea served in the Edwards room |
| 5.30pm | All retreat guests are invited to gather in the Lounge where you will meet your host for a complimentary pre-dinner drink |
| 6.00pm | Dinner served in the dining room |
| 7.15pm | Tea and Coffee served in the Edwards room |
| 8.00pm | Evening Meditation |

Day 2

- 8.30am Breakfast Served in the Edwards Room
- 9.50am Meditation in the Sanctuary Chapel
- 11.00am Tea and Coffee served in the Lounge
- 11.30am Healing appointments or free time
- 1.00pm Lunch served in the dining room
- 2.00pm Healing appointments or free time
- 3.30pm Afternoon tea served in the lounge
- 5.30pm Complimentary pre dinner drink in the Lounge
- 6.00pm Dinner served in the Dining room.
- 7.15pm Tea and Coffee served in the Lounge
- 8.00pm Evening Meditation



Day 3

- 8.30am Breakfast served in the Edwards Room
- 9.50am Meditation in the Sanctuary
- 11.00am Tea and coffee served in the Lounge
- 11.30am Healing appointments, pre-booked treatments or free time.
- 1.00pm Lunch served in the Dining Room

- 2.00pm Healing appointments or free time
- 3.30pm Afternoon tea served in the Lounge
- 4.00pm Free time
- 5.30pm Pre dinner drinks served in the Lounge
- 6.00pm Dinner served in the Dining Room
- 7.15pm Tea and coffee served in The Lounge
- 8.00pm Evening Meditation

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### **Day 4**

- 8.30am Breakfast served in the Edwards Room
- 9.50am Meditation in the Sanctuary Chapel
- 11.00am Tea and coffee served in the Edwards Room.
- 11.30am Healing appointments or free time
- 12.30pm Lunch served in the Dining Room followed by departure

We hope you enjoy your stay at  
The Harry Edwards Healing Sanctuary

