



Sample 2 night / 3 day Bespoke One to One Personal Healing Retreat

Day 1

Arrive 4pm onwards Settle in to the accommodation and garden space at Gardener's Cottage
Tea and cake

6pm Dinner

7pm Opening sacred space in circle, introductions and intention setting.

Healing session 1: Relaxation and meditation with the Reiki Drum.

Overnight: Stay in the Yurt

Day 2

Morning Qigong energy opening session

Breakfast

10 am Healing session 2 energy release and plant cleansing.

12:30 Lunch

Afternoon Personal time in meditation and reflection at Gardener's Cottage, the woods
and beach Crombie Point

5pm Circle sharing and check in

6pm Dinner

7pm Healing session 3: Shamanic Healing eg. Soul restoration or power retrieval

Overnight: Stay in the Yurt

Day 3

Morning Qigong energy releasing session

Breakfast

10 am Personal reading and closing circle, integration and goodbyes to the land

12:30 Lunch

2pm Check out and Departure





Note: This is a sample schedule – all overnight retreats are tailored to suit the individual healing focus or educational requirement.

Retreats can include: Qigong, Reiki, Reflexology, Intuitive Readings, Channelled guidance, Plant Medicine, Shamanic Healing and Ceremony for example.

Total package from: £750

Includes:

2 breakfasts, 2 lunches and 2 dinners (all food is vegetarian)

Herbal teas, snacks

2 nights private accommodation in the off grid yurt (with private flushing toilet and shower room with hot water)

Access to outdoor kitchen facility

Access to the wood fired sauna

1 hour zoom one to one session prior to the retreat

1 hour zoom one to one session post retreat (within 4 weeks of retreat ending).

Location

Gardener's Cottage is accessible from Edinburgh by bus/train and a short walk or taxi ride.

To find out where we are located visit this link below for further information.

<https://fayjohnstone.com/retreats/>

Next steps

An individual retreat is a really special way to give yourself the time that you require to connect with your truth, honour your path, heal and grow.

Reflect on what you are hoping for from a retreat and ask yourself what you need.

You can email Fay with questions or arrange a free 20 minute discussion (phone if in UK or via zoom) to help you decide if this is the right fit for you.

After this, you will decide on the date and be asked to pay 50% non-refundable deposit for your retreat.

You will then schedule your pre-retreat zoom session so that you can fully discuss your retreat requirements and intention. Fay can then take this information and create your retreat.

Payment of the balance is due 2 weeks before the retreat begins.

After the retreat you will have 4 weeks to schedule your final zoom session to integrate the healing.

I look forward to meeting you!

