



MOONGATE RETREATS

Reawaken to your true nature

Sample 1 day Bespoke One to One Personal Healing Retreat

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| Arrive 9.30am onwards | Settle in to the garden space |
| 10am | Opening sacred space in circle, introduction and intention setting. |
| 11am | Healing session 1: energy release and plant cleansing. |
| 12:30 | lunch |
| 2pm | Healing session 2: Relaxation and meditation with the Reiki Drum. |
| 4pm | Circle share and closing sacred space with goodbyes to the land |
| 5pm | Departure |

Note: This is a sample schedule – Retreats can include: Qigong, Reiki, Reflexology, Intuitive Readings, Channelled guidance, Plant Medicine, Shamanic Healing and Ceremony for example.

Total package: £295

Includes: All one to one healing sessions, vegetarian lunch, herbal teas and snacks

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

Contact Fay with your preferred date and email any questions.

To confirm your booking a 50% non-refundable deposit is required. Payment of the balance is due 2 weeks before the day retreat begins.

I look forward to meeting you!

Fay

