



DIY Retreat with two overnight stays

A do-it-yourself retreat offers you the opportunity to rest, relax, recharge, reconnect and enjoy your retreat experience at your own pace. Included in the retreat package are a session of your choice with Fay and a reading to offer guidance and insight.

Choose from:

- **Plant Spirit Reiki:** for relaxation, heart healing and reconnecting to nature
- **Shamanic Reiki drumming:** for inner awakening and creating change in your life
- **Reflexology:** like an all over body massage but focused on your feet
- **Shamanic Soul Retrieval:** a deep spiritual connection that heals past trauma and creates and supports change
- **Qi Gong private class:** Mindful movement and meditation to increase energy flow and release tension

How does the DIY retreat work?

On booking you will be asked what time you want to book in your session and reading (see sample schedule below). After this, you are in charge of your schedule and your own food. Choose to fast or bring simple foods with you. The covered outdoor kitchen area provides a cool box to store food and gas hob to heat and cook with. Cups, pots, pans, plates and utensils are all provided.

Sample DIY Retreat Schedule:

Day 1

3pm Arrival and Check-in

- Arrive from 3pm onwards and settle into the space at Gardener's Cottage
- Enjoy a welcome cup of tea as you find your way around the yurt and garden

4pm Option 1: Healing Session

- Opt to have your session soon after your arrival to help you focus your intention and start the process.
- Fay will transmit any symbols, guidance or messages from the process.

6:00 pm onwards: Personal Time

- Time to reflect, rest, or journal and enjoy some quiet time with the garden or in the yurt.
- Mindfully prepare your own food (or fast).
- Relax in the yurt and integrate the experiences of the day



Day 2

Morning

- Rise as early or as late as you choose.
- Make your own breakfast or choose to fast.
- Reflect on reflect on any dreams, insights or any emotional shifts you may have received during the night and invite guidance and support.

Optional activities

- Enjoy gentle stretches and take a walk along the seashore and enjoy the ocean views
- Take a walk through the woodland and meet a tree
- Enjoy the peace of the garden
- Reflect and journal on what you are calling into your life following this process of reconnection and renewal.

10:30 Option 2: Healing session

- Opt to experience your personalised healing session this morning to focus on your specific needs at this stage. Your session will be your choice and tailored to your intention.
- Fay will transmit any symbols, guidance or messages from the process.

Lunch DIY lunch to ground you and help you process the day's healing.

Afternoon

Optional activities

- Spend time in nature and enjoy activities suggested earlier
- Option to take **an additional healing session**, (extra charge payable) focusing on your specific needs at this stage following issues that have surfaced over the retreat so far. You may seek assistance to overcome a block or empowerment to step into your true potential and align with your soul's deepest desires or you may simply wish to focus on deepening your connection with your inner wisdom.
- Integration time after the healing, allowing rest, reflection, and journalling for deeper insights.

4pm Your Reading



- Together we sit in sacred space and tune into your current situation. We'll invite guidance from the spirit realms and also work with oracle decks to bring through insight and answers to your questions that will guide and support your path
- Walk in the garden offering gratitude for the healing work that is in process.
- Time for reflection and quiet connection with the land.

Evening Personal time for reflection and connection

- Nourish your body to ground your experiences of the day.
- Your evening is your own. You may enjoy nighttime walks in the garden, listening to the sounds of nature or watching the stars.
- Take time to reflect and journal on the guidance received during your reading and integrate the healing received throughout the day.
- If you choose, light up the wood fired sauna and experience a warming and cleansing sauna to leave you feeling clean brand new!

Day 3

Morning

- Prepare your own breakfast
- Reflect on reflect on any dreams, insights or any emotional shifts you may have received
- Offer a blessing to the land, pack your bags and say your final goodbyes to the land to reinforce your connection to your own vitality and invite continued healing and support

10:30 Departure

Integration After the Retreat:

Optional extra (extra charge payable): 4-6 Weeks after the retreat opt to experience a zoom session with Fay to follow up on the healing and receive guidance or further practices for aftercare and answer any questions.



Summer 2025 pricing

Total DIY retreat package: £325

What's included:

- 2 x nights stay in the off-grid Yurt, plus wood for wood burning stove to stay cosy.
- Exclusive use of covered outdoor kitchen area
- Exclusive use of shower room and toilet (this is plumbed with hot water and is a short walk from the yurt through the garden)
- Use of the wood-fired sauna
- One 90 minute Healing session (choose your session from the list)
- One reading (45 minutes)
- Access to Gardener's Cottage walled garden and seafront
- Access to coastal and woodland walks in the surrounding area.
- Option to choose additional sessions if required (extra charge payable)

Location

You'll find us in West Fife, on the coast. Closest villages with shops and cafes are Culross, Limekilns, Cairneyhill and the city of Dunfermline. Accessible in less than an hour from Edinburgh by bus or train to Dunfermline, then a short connecting bus ride, taxi or car. More details on exact location and how to find us can be sent to you to help you plan your arrival.

Next Steps...

Contact Fay@fayjohnstone with your preferred dates.

Once dates are agreed, 50% deposit is payable to secure your booking.

2 weeks before your arrival the balance is due. After this point, cancellation is not possible and your payments will not be refunded.