



### **Plant Spirit Journeys and Nature Connection Retreat Itinerary (2 Nights)**

This one-on-one retreat offers a personalized experience, offering you the opportunity to restore your inner power and connect to nature with practices that are tailored to your individual healing needs and intention. Below is a sample schedule:

#### **Prior to the retreat**

On booking you will be sent a registration form to complete and send back. From this, Fay will tailor the schedule to suit your needs. Prior to your arrival you will meet on a 30 minute zoom call to discuss your intention and talk through any questions. Below is a sample schedule which focuses on connecting with nature and the plants to assist with restoring your inner power so that you can feel strong and confident again.

#### **Day 1:**

##### **3:00 pm: Arrival & Check-In**

- Enjoy a welcome herbal infusion and snack as you settle into the yurt and orientate yourself

##### **4:00 pm: Opening Circle & Intention Setting**

- Together we open our sacred space with ceremony, connecting to the directions.
- One-on-one discussion to establish specific intentions for the retreat (such as healing specific issues or seeking clarity for example).
- Introduction to shamanic plant spirit healing practices and energy work.

##### **5:00 pm: Grounding Qi Gong and earth centering practice**

- A grounding Qi Gong session with guided meditation to connect you to the Earth and the spirits of the land at Gardener's Cottage, allowing you to feel present and safely held.

##### **5:30 pm: Meeting the garden and exploring your inner landscape**

- Silent, mindful, perhaps even barefoot practices in the garden helping you tune into the space, open all of your senses and find places and plants that you are drawn to.
- Guided prompts and journalling to assist your personal insights exploring patterns in your life and how you feel about power.

##### **7:00 pm: Home cooked vegetarian Dinner**

- Seasonal and nourishing plant-based meal, made where possible from ingredients grown onsite or locally.

##### **8:00 pm: Evening Circle: The Wisdom of Plants, Healing session**

- Guided drumming journey to connect you with a plant ally and open your energy body for healing and transformation.



- Experience plants brushed through your aura to clear your energy centres align you with the energy of the earth and the cosmos.
- Fay will transmit any symbols, guidance or messages from the process.

#### **9:00 pm Rest, quiet time and then bed**

- Time for silent reflection or journaling.
  - Relax in the yurt and integrate the experiences of the day
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### **Day 2 – Deepening Nature Connection & power restoration**

#### **8:00 am Breakfast & Reflection**

- A light breakfast with nourishing foods.
- Time for you to share your experiences, reflect on any dreams, insights or any emotional shifts you may have received during the night and invite guidance, support, and feedback.

#### **9:00 am: Grounding and revitalising Qi Gong**

- A grounding and energising practice in the garden to start the day with gratitude, peace, and connection to the web of life.
- Designed to activate the energy channels and reinforce your vitality.

#### **10:15 am: Opening your senses**

- Guided meditations and practices in the garden to help you open all of your senses and connect you with a plant that is stepping forward to assist you with restoring your energy and power
- Opportunity to start making a flower essence to assist your transformation.

#### **11:30 am: Plant Spirit Reiki healing session**

- A one to one healing session (possibly in the garden – weather permitting!) focusing on your healing intention. The plants will weave into your energy field.
- Fay will transmit any symbols, guidance or messages from the process.
- Integration time after the healing, allowing rest, reflection, and journalling for deeper insights.

#### **1 pm: Lunch**

- A light plant based lunch with nourishing foods.

#### **2:30 pm: Plant Spirit Reiki healing session 2**



- A one to one healing session deepening your connection with the plants and integrating your power.
- Fay will transmit any symbols, guidance or messages from the process.

#### **4 pm: Personal time for rest, integration and ceremony preparation**

- Unstructured time for reflection and nature bathing to infuse with the healing energies of the garden
- Complete the essence that you started in the morning.
- Prepare for the evening ceremony

#### **6:00 pm: Home cooked vegetarian Dinner**

- Seasonal and nourishing plant-based meal, made where possible from ingredients grown onsite or locally.

#### **7:30 – 8:30 PM: Elemental Ceremony**

- A guided Shamanic Ceremony with the plants and spirits of nature to help you reconnect to all parts of you and receive the healing that you need and the guidance that answers your intention. This could be a ceremony that restores your power to your essential nature with the support of the green kingdom and plant allies or whatever is required.

#### **9:00 PM Rest, quiet time and then bed**

- Time for silent reflection or journaling.
- Relax in the yurt and integrate the experiences of the day

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### **Day 3 – Integration & Closing**

#### **8:00 am Breakfast & Reflection**

- A light breakfast with nourishing foods.
- Time for you to share your experiences, reflect on any dreams, insights or any emotional shifts you may have received during the night and invite guidance, support, and feedback.

#### **9:00 am: Gratitude practice and closing circle**

- In our sacred space we will offer blessings to the garden and final rituals to reinforce your wholeness and connection to your soul's vitality.
- Further practices or tools for continued healing and aftercare after the retreat will be discussed.
- This is your final opportunity to express gratitude, share your thoughts and ask questions





- You will take your essence with you and we close our sacred space and invite continued healing and support

## **10:30 Departure**

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### **Integration After the Retreat:**

**4-6 Weeks** after the retreat you will be invited to a zoom call with Fay to follow up on the healing and offer guidance or further practices and answer any questions.

### **Summer 2025 offers**

Total 2 night all-inclusive retreat package: £595

#### **What's included:**

- Pre-retreat 30 minute zoom call
- Post-retreat 60 minute zoom call
- 2 x nights stay in the off-grid Yurt, plus wood for wood burning stove to stay cosy.
- 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
- All sessions and materials. Eg. 3 x healing sessions, qi gong, shamanic ceremony plus opening and closing sacred circles.
- Plant based meals: 2 x breakfast, 1 x lunch and 2 x evening meals plus snacks and herbal teas.
- Access to Gardener's Cottage walled garden and seafront
- Access to coastal and woodland walks in the surrounding area.

#### **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](mailto:Fay@fayjohnstone) with your preferred dates.

Once dates are agreed, 50% deposit is payable to secure your booking and you must complete the retreat registration form.

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

