



A one-on-one retreat offers a personalized experience, allowing you to participate in activities and practices that are tailored to your individual healing needs and intention.

### **Shamanic Healing Soul Awakenings One-to-One Retreat: Schedule with Two overnight stays**

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#### **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 Soul restoration, calling lost parts of yourself back home so that you can feel whole again.

#### **Day 1**

##### **From 3pm: Arrival and Check-in**

- Arrive and settle into the space at Gardener's Cottage
- Herbal teas, fruits, and snacks are available.

##### **4pm Sacred Circle Opening & Intention Setting**

- Opening our sacred space together in ceremony.
- One-on-one discussion to establish specific intentions for the retreat (such as healing specific issues or seeking clarity for example).
- Introduction to shamanic healing practices and what the retreat entails.
- Practices to connect you to the Earth and the spirits of the land at Gardener's Cottage, allowing you to feel present and safely held.

##### **5pm Personalized energy clearing and plant blessings**

- Ritual with plant cleansing, Reiki energy and sound healing to clear energies and remove blocks in your energy field that may be preventing you from being fully present.
- Experience plants brushed through your aura and/or release toxins through the feet into the earth. Your energy centres will be cleared and you will be aligned with the energy of the earth and the cosmos.
- Also includes a guided meditation to help clear any mental fog, doubts, or fears that may prevent full participation in the healing journey.
- Fay will transmit any symbols, guidance or messages from the process.

##### **6pm Personal Time**

- Time to reflect, rest, or journal and enjoy some quiet time with the garden or in the yurt.

##### **6:30 - 7:30 pm: Dinner**



- A nourishing, plant-based dinner, designed to help you feel grounded and energized.

#### **8 pm: Evening relaxation session or detoxifying sauna**

- Wind down your energy body with gentle qi gong movements on the mat to encourage energy release and rejuvenation. This will help you fully relax, clear any remaining stress, and open your heart to healing.
- Accompanied by Reiki drumming sound healing session to encourage the reawakening of vitality, joy, and inner peace and open your connection with your inner wisdom and spirit guides.
- OR opt to warm your body and relax in the woodfired sauna.

#### **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**

#### **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.

#### **10:00 am: Intention setting and gratitude/nature medicine walk**

- You are invited to offer a prayer or intention for what you are calling into your life after this process of reconnection and renewal.
- Walk in the garden offering gratitude for the healing work that is in process.
- Time for reflection and quiet connection with the land.

#### **10:30 – 12:00 pm: One-on-One Shamanic Healing Soul Retrieval Session**

- A personalised shamanic healing session, focusing on your specific needs at this stage (with drumming, rattles, plants or journey music) tailored to your intention.



- The session will help you gently reconnect with parts of yourself that have been lost, forgotten about or discarded that may need healing and are ready to return. The **soul retrieval** process, will allow you to connect with lost or fragmented parts of yourself. You may reconnect with lost energy from childhood, trauma, or other life events where a part of your soul has fragmented.
  - Fay will transmit any symbols, guidance or messages from the process.
  - Integration time after the healing, allowing rest, reflection, and journalling for deeper insights.
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#### **12:30 – 1:30 pm: Lunch**

- A light, nourishing lunch to ground you and help you process the day's healing work.

#### **2pm One-on-One Shamanic Healing Session**

- A personalised shamanic healing session, focusing on your specific needs at this stage (with drumming, rattles, plants or journey music) tailored to your intention such as empowering you to step into your true potential and align with your soul's deepest desires.
- Focus will also be on deepening your connection with your inner wisdom and your spirit guides and helping you re-integrate the lost soul fragments that have been gathered.
- Integration time after the healing, allowing rest, reflection, and journalling for deeper insights.

#### **4:00 – 6:00 pm: Personal time and ceremony preparation**

#### **6 - 7:00 pm: Dinner**

- A nourishing, plant-based dinner, designed to help you feel grounded and energized.

#### **7:30 – 8:30 PM: Ceremony**

- A guided Shamanic Ceremony helping you receive the healing that you need and the guidance that answers your intention. This could be a Fire Ceremony, a Transfiguration Ceremony, a Ceremony that honours the ancestors, opens a portal, releases blocks, rekindles your connection with your soul 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**

#### **8:00 am Breakfast and 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 Closing Circle and Integration**

- In our sacred space we will offer blessings 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
- 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: £675

#### **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.