

BYRON BAY ITINERARY

BYRON BAY ITINERARY:

DAY ONE: 19 July 2012

9.30am – 10.00 am: LIFESTYLE JOURNEYS will WELCOME YOU and provide further details on the daily workshops and itinerary for the following four days.

10.00 am – 12.30 pm: *THE POWER OF POSITIVE THOUGHT AND HOW IT CAN ASSIST IN MANIFESTING YOUR HEARTS DESIRE*

What a great way to start our retreat! We will work together to set our intentions for what you wish to achieve from your time in Byron Bay and further into the future. Learn the art of manifestation through the power of thought. Learn skills on how to dismiss those negative thoughts so your confidence can be boosted and you have a clear vision to achieve your goals. Learn how to dream big and trust that with the power of thought and the universe, dreams can be realized.

12.30 pm : Free Time to explore Byron Bay. It is only a short walk to the main town centre where you will find an amazing array of shops ranging from clothes through to the metaphysical. You might like to take yourself to the beach and chill, book a pampering treat or just park up on your balcony with a good book in hand.

6.00 – 6.30 pm: Meet for evening meditation

6.30 – 7.30 pm: Welcome Drinks

7.30 pm: WELCOME DINNER together at one of Byron's many restaurants

DAY TWO: 20 July 2012

7.00 – 7.45 am: Optional Exercise with Sharon (yoga, pilates, five Tibetans or walk)

9.00 am - 9.30 am: Morning Meditation

9.30 am – 11.00am: *LEARN FENG SHUI PRINCIPALS TO BRING BALANCE, HARMONY AND CLARITY INTO YOUR LIFE*

Feng Shui provides you with the tools to turn your home into your haven, your workspace into you're your springboard for success, and your world into a

supportive and nurturing environment where you want to return again and again. Do you have a comfortable work/life balance? Do you love your home? Are you fulfilled and happy with your relationships? Is your home or business a true reflection of you and all who live there? Sharon will share some of the many Feng Shui principals to aid you in enhancing your environment so as it supports and meets your needs in all aspects of your life.

11.00 am – 11.30 am: Morning Tea Break

11.30 am – 1.00 pm: *MEDICINE WHEEL FENG SHUI*

By looking to the wisdom of our elders we can learn how to bring wholeness into our lives. They understood that there is a rhythm and pattern to all aspects of life. They knew that healing didn't only mean treating an individual's disease; the task was to bring the person back into harmony with himself ; his family the tribe and the earth. The elders understood how to infuse living spaces with the spiraling rhythms of nature. Learn the ways of the elders, how to work with the four cardinal directions, the elements and the power of a medicine wheel.

1.00 pm onwards: Free Time

7.30 pm – 9.00 pm : *LEARN HOW PAST LIVES HAVE A DIRECT CONNECTION TO YOUR CURRENT LIFE*

Past Lives....What is a "Past Life"? How many do we have? How can I find out what lives I have had?

How do they impact on this life? Have I been with people in Past Lives that I know currently in this life? Sharon will guide you through a series of Past Life regressions so as you can access knowledge on your own past lives. She will share the teachings of well known modern day prophet Edgar Cayce, Brien Weiss and medium Sylvia Browne on reincarnation. Discover your own life patterns and how they are specifically connected to previous past lives that you have had. Once you recognize these patterns and understand where they are coming from there is a wonderful opportunity to heal and rectify the pattern. This is a fascinating topic that Sharon has learnt so much about when working with clients as an intuitive healer.

DAY THREE: 21 July 2012

7.00 –7.45 am: Optional Exercise with Sharon (yoga, pilates, five Tibetans or walk)

9.00 am - 9.30 am: Morning Meditation

9.30 am – 11.00am: OPEN FORUM DISCUSSION ON ALL THINGS SPIRITUAL

There are many topics we will explore as a group as we each share our knowledge. Chakras and the importance of them being aligned and balanced, Colour Therapy, Numerology, Astrology, Our Spiritual Guides and how do you connect with them?, Techniques to open your third eye, The Akashic Records, How to bring all of this knowledge into your everyday lives, ancient wisdom, Meditation and the tools required to assist your mind to relax and connect with your higher self. Now is your chance to ask whatever you wish so you get answers to support your spiritual practice and souls growth.

11.00 am – 11.30 am: Morning Tea Break

11.30 am – 1.00 pm: HEALTHY LIVING WORKSHOP

We will spend time in the kitchen this morning learning some basic skills to support a holistic healthy living. Starting with green smoothies and why they are so good for you, how to cook with grains and nuts, raw food and the benefits, a plant based diet and what it can provide by way of goodness for you. It will be lots of fun as we work hands on to create our luncheon menu that we will prepare and then share together. There will be some healthy treats as well! Nothing better than having healthy sweet treats to munch on whenever you get a sweet craving!

Free Time for the rest of the day

Artisan Market : You may wish to visit this market which is on in the centre of Byron from 5.00 pm, - 9.00 pm. Listen to great bands while you peruse hundreds of craft stalls and sample fresh local produce, food and drinks.

DAY FOUR: 22 July 2012

7.00 – 8.00 am: Optional Exercise with Sharon (yoga, pilates, five Tibetans or walk)

Morning: Free Time

Byron Bay Market: You may like to visit this in your free time. This market is on the first Sunday of every month and it is fabulous!

Byron Bay's craft and produce market, held at the Butler Street reserve, is one of the best in the region. Covering an area of a few acres and arranged in orderly rows, the market offers a vast array of handcrafted wares, locally-grown produce, and artworks of every kind. It's best to get there early and allow a few hours to take in all the stalls, indulge in some fresh nourishment and feel the culture.

2.00 pm – 3.30 pm : LEARN SHAMANIC TECHNIQUES TO CREATE AND CLEAR A SACRED SPACE

In past the indigenous people knew how to create a sacred space. This was of the utmost of importance to them so as they had a space that they could step into at any time to pray, to contemplate, to manifest their deepest wishes. There are many different tools you can use to first of all clear a space and then to create the sacred space. We will share some of these techniques with you so that you can take them home and create your own sacred space. It is very powerful to experience the ceremony around this spiritual practice and all that it can provide for you by way of support in your everyday life.

4.00 pm – 5.30 pm : THE POWER OF HANDS ON HEALING

To complete our four days of learning Sharon will guide you through a hands on healing experience. She will create and hold a sacred space for the hands on healing work and share with you live cases and the outcome as well as tools to practice with. She often says her most informative learning ground has been in her healing room when working with clients.

The workshop will be closed with a group meditation.

Free Time

7.30 pm FAREWELL DINNER

We will share our last meal together having made new friends and had some amazing experiences together.

DAY FIVE: 23 July 2012

7.00 – 8.00 am: Optional Exercise with Sharon (yoga, pilates, five Tibetans or walk)

This morning you will say your goodbyes, check out and wing your way home.