

Retreat Program

Day 1: Thursday, 19th Feb 2026

1:00 pm – 2:00 pm	Lunch
	*not included in the package, additional cost @750 + 5% GST
3:30 pm – 4:45 pm	Sacred Dances Retreat Orientation & Tea
5:00 pm – 6:15 pm	Sacred Dances with Zia
6:15 pm – 6:45 pm	Hydrate & Energize
6:45 pm – 8:15 pm	Sacred Dances with Zia
8:30 pm – 9:30 pm	Dinner

DAY 2: Friday, 20th Feb 2026

7:30 am – 8:15 am	Morning Qi-Gong with Qusai
	Qusai Kathawala, a somatic practitioner & Qi Gong teacher, will conduct a session involving slow, simple movements & the felt sense of centre, and the flow between earth, sky, and the body to support the integration of the sacred dances.
8:30 am – 9:30 am	Breakfast
9:30 am – 11:00 am	Sacred Dances with Zia
11:00 am – 11:30 am	Hydrate & Energize
11:30 am – 1:00 pm	Sacred Dances with Zia
1:00 pm – 2:00 pm	Lunch
3:00 – 4:30 pm	Free afternoon -- pool and jacuzzi are open, & Anhta offers a variety of treatments.
	
4:30 pm – 5:00 pm	Tea time
6:30 pm – 7:45 pm	Sacred Dances with Zia
8:00 pm – 8:45 pm	Dinner

9:15 pm – 10:15 pm	Grounding in Motion: Flowing into Stillness with Zankhana
	Zankhana Joshi, founder of Tatvamasi, a trauma informed, integrated somatic psychotherapist & dance movement therapist, will conduct a session leading the participants through movement that blends meditative awareness with fluid dance, evoking a sense of gentle, embodied presence.

DAY 3: Saturday 21st Feb 2026

7:30 am – 8:15 am	Morning Qi-Gong with Qusai
8:30 am – 9:30 am	Breakfast
9:30 am – 11:00 am	Sacred Dances with Zia
11:00 am – 11:30 am	Hydrate & Energize
11:30 am – 1:00 pm	Sacred Dances with Zia
1:00 pm – 2:00 pm	Lunch
3:30 – 5:30 pm	Finding harmony in our inner landscape through art with Natasha & Reena
	Natasha & Reena, founders of The Art & Therapy Loft, will conduct an art exploration through a guided & non-figurative watercolour painting designed to help you slow down, attune to your inner needs & guide you to a more balanced & harmonious place. No artistic proficiency or experience needed.
4:30 pm – 5:00 pm	Tea time
6:30 pm – 7:45 pm	Sacred Dances with Zia
8:00 pm – 8:45 pm	Dinner
9:15 pm – 10:15 pm	Celebrating Beloved Community led by Leslie and Mayuree
	A collection of circle dances & songs drawn from various cultures & indigenous traditions to remember our sacred connection with the whole circle of creation. Leslie and Mayuree offer integrated arts sessions as a medium of expression, healing as well as re-connection with self, community & the earth, not just as a therapy but as a way of life.

DAY 4: Sun 22nd Feb 2026

7:30 am – 8:00 am	Morning Tea; nature walk (optional)
8:00 am – 8:30 am	Breakfast
8:30 am – 9:45 am	Sacred Dances with Zia
9:45 am – 10:15 am	Hydrate & Energize
10:15 am – 11:30 am	Sacred Dances with Zia
11:30 am – 2:00 pm	Brunch & Check out