

# Daily Schedule

Friday 23 August 2019

DAY 1		
08:30-9:00	Arrival, Registration	
09:00-09:45	Welcome and Introductions, Opening meditation, Music	
09:45-11:15	<b>CHAOS: Coming to Terms with Chaos!</b> Chaos is present in both in our individual experience in the world around us. We may have a sense of being overwhelmed or helpless, or a sense of lack. In this workshop, Lisa and Jim will lead us in an experience of becoming comfortable with the CHAOS in our lives and learn to use it as a catalyst for CHANGE!	Lisa Ferrero & Jim Lockard
11:15-11:45	Break	
11:45-12:30	Sacred Circles	
12:30-13:30	Lunch	
14:00-15:30	<b>Embracing Change with Ease</b> “When the wind of change blows, some build walls and others windmills.” (Chinese Proverb) We will be using CHANGE as an acronym for 5 basic steps that will help you to cope with any form of change you are confronted with. You will learn how to generate energy from change rather than fighting it. By using these steps, you will stop resisting change and instead be able to use its potential to be moved forward in the direction of your dreams.	Ulrike Bergman
15:30-16:00	Break	
16:00-17:30	<b>Embracing the Challenge of Change!</b>  Using the medium of “Purposeful Poetry” we shall navigate the “Challenge of Change” and explore powerful principles for personal growth and transformation, such as “gratitude” “forgiveness”, and seeing the hidden blessings, life opportunities (and lessons) in all situations. LIFE is a journey and through understanding spiritual principles we can learn to go with the flow, to trust and have faith in a Higher Power and remember we are never alone.	David & Lin Serlin
17:30-18:00	Essence of the Day	
18:00-19:30	Dinner	
19:30-21:00	Evening Program	
21:00-	Meet and Greet at the Château	

Saturday 24 August 2019

DAY 2		
07:00-7:30	Chapel open for meditation	
07:30-08:00	Yoga in the lawn or Standing Pilates	
08:00-09:00	Breakfast	
09:00-09:30	Opening Meditation, Music	
09:30-11:00	<b>TRUST: Trusting Myself and the Universe</b> As we look at change, we begin to trust that the solutions and the pathway forward are within. We open and nurture that connection with our inner voice. As we go within to that place which is CHANGELESS, we uncover our own guidance.	Lisa Ferrero & Jim Lockard
11:00-11:30	Break	
11:30-12:30	Sacred Circles	
12:30-13:30	Lunch	
14:00-15:30	<b>Experience and Explore Your Relationship with Change through Shamanic Practice</b> The world around us is constantly changing, and we are changing with it. Be it that we proactively create our own reality, or that we react to an adjustment in our inner or outer landscapes. Change is the only constant there is, and yet it can sometimes be challenging, frightening or disturbing. Do you wish to experience the joyful, exhilarating, empowering and life-affirming aspect of change? Are you interested in developing your own tool set to thrive with change? In this workshop, we drop into a state of connection and natural balance within ourselves and our lives. From here, we experience natural growth and evolution, we discover our triggers, reactions and beliefs linked to sudden change, and we explore the power and expansion of changing in harmony with life.	Katharina Mohr
15:30-16:00	Break	
16:00-17:30	<b>Please choose one of the following:</b>  <b>TRE (Trauma Releasing Exercises)</b> The Trauma Releasing Exercises (TRE) session is designed to release tension patterns which are held in the body by inducing spontaneous movements of the body in ways that are natural to us but which our culture has trained us out of. TRE is a set of exercises, some of which are taken from yoga.  <b>Breathwork as a Tool for Embracing Change</b> Breathing is so easy to take for granted. It's something we do without a thought. Think of when you are upset, tired or anxious; your breathing changes. You sigh, breathe faster, hold your breath or gasp for air. Our breathing is integral to our experience of life. By opening your breathing you can change that experience. Your own breath can become your source of well-being, peace, and joy. In this workshop we will explore a cutting-edge conscious breathing technique that opens up and tones your respiratory system for better functioning, integrates your emotions and helps you get in touch with higher states of consciousness and self.  <b>Body dialogue or Bodydialog@Methode</b> In embracing change, it is important to know how this can work together to enable you to develop new more helpful patterns. There is always a connection to our way of thinking. That means the connection between Emotions and Bodyform, Anatomy and our breathing patterns. All these things are creating our body, our relationships and the way we communicate - our reality. Kerstin writes, in my work I am “reading” the body - the tensions, the hidden emotions, and how you have embodied this so that you can learn a new way to express yourself and set yourself free. The goal of the workshop is to “come home” and find the real peace and freedom we are often trying to find outside. We will examine our expression, our form, convictions, and beliefs. We will create new ways to release old patterns and form a new expression of our self, a new body dialogue. With the bodydialog@Methode we create a gentle way to embrace change.  <b>Mountains into Molehills</b> Healing the mind body energy field to facilitate embracing Change. Using some easy practical tools as part of the jigsaw to reduce the trapped energetic layers of the sub-conscious feelings we’ve accumulated since early childhood, we can open up access to our most important relationship with our true self, the Higher Self / Divine Infinite Intelligence / True Source of everything. Moving from struggles and self-sabotage, through thriving to flourishing with ease and joy with the freedom to be our true selves can be the first step to embracing all manner of changes and the freedom of personal happiness expressed in our fiscal, social, relational, health- and work-related lives.	Erik Zoetweij  Alev Soysal  Kerstin Halt  Erica Brown
17:30-18:00	Essence of the Day	
18:00-19:30	Dinner	
19:30-21:00	Evening Program	

Sunday 25 August 2019

DAY 3		
07:00-7:30	Chapel open for meditation	
07:30-08:00	Yoga on the lawn or Standing Pilates	
08:00-09:00	Breakfast	
09:00-09:30	Opening Meditation, Music	
09:30-11:00	<b>GRACE: Gaining a sense of hope!</b> As we plan next steps and see a way forward, we leave with a new sense of freedom, hope and joy through gratitude. Through the connection with our inner voice and others on the same path, we are renewed and refreshed. We are able to live with uncertainty and be at peace with it. Infinite possibilities open up for us and fear no longer prevents us from embracing <b>CHANGE</b> .	Lisa Ferraro & Jim Lockard
11:00-11:30	Break	
11:30-12:30	Sacred Circles	
12:30-13:30	Lunch	
14:00-15:30	<b>The Heroes Journey, Your Call to Adventure</b> As we embrace change and move out into a new expression of ourselves, Karen will draw upon the inspiration of some of the everyday heroes she has met who have inspired her in her own life - and the steps of the hero's journey outlined by Joseph Campbell to support us as we reflect upon celebrate and plan the next steps of our journey. We are called to become the heroes of our own story. We walk this power-filled journey blessed with grace. For heroes to begin their journeys, they must be called away from the ordinary world. Most heroes show a reluctance to leave their home, their friends, and their life to journey on a quest. But in the end they accept their destiny supported by the power of love, hope, faith and forgiveness.	Karen Tse
15:00-15:30	Break	
15:30-17:00	<b>Strategies for Change</b> Change is difficult yet inevitable to fulfil our dreams. Stepping outside our comfort zone requires much more than will and courage. Whether it is our health, relations, enjoying life, we can bring the desired change with the right strategies. We will deepen our awareness of our blind spots, understand how our mind can play our best friend or the worst enemy and develop a personalised plan based on proven strategies to bring the changes we wish in our lives, a step at a time. Leave with a strong commitment, your plan and a community to support you on your path.	Anita Jain

# Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# Schedule

25/10/2018

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