



Springhead Trust – our retreat venue in the Shaftesbury area

Deeksha Retreat – Divine Authenticity – Authentic Divinity September 5th-7th, Springhead

Themes

In the retreat we will work with the following questions and much more.

- Why is authenticity so Divine?
- How can you let your authentic expression find you?
- What is Authentic Divinity?

Timings:

The retreat starts on Friday September 5th with an afternoon session at 16.30-19.00 and finishes on Sunday 7th of September around 14.30. We recommend that you arrive a little early to settle into the physical surroundings and the retreat energy. This will also give you an opportunity to take a walk and enjoy the beautiful garden. At 19.00 we will have dinner and then an evening programme from 20.30-22.30

To keep the costs down for all of us we will be self catering. You are invited to lend a helping hand cooking, clearing, dishes etc.

Here is the programme layout:

Friday

16.30-19.00: Programme introduction

19.00-20.30: Dinner

20.30-22.30: Divine Authenticity – Authentic Divinity 1

Saturday

07.00-08.00: Voluntary yoga (remember yoga mat)
08.00-09.00: Breakfast
09.00-12.00: Divine Authenticity – Authentic Divinity 2
12.00-13.00: Lunch
13.00-15.30: Free time
15.30-19.00: Divine Authenticity – Authentic Divinity 3
19.00-20.30: Dinner
20.30-23.00: Divine Authenticity – Authentic Divinity 4

Sunday

07.00-08.00: Voluntary yoga
08.00-09.00: Breakfast
09.00-13.00: Divine Authenticity – Authentic Divinity 5
13.00-14.00: Lunch and packing, hugs and goodbyes

Venue:

Springhead Trust, Fontmell Magna, Shaftesbury, Dorset, SP7 0NU
Telephone/Facsimile: 01747 811853
Email: info@springheadtrust.org.uk
<http://www.springheadtrust.co.uk/>

Cost:

Total: £250 - preferably in cash please.

What to bring:

- Indoor shoes
- Yoga mat (for resting and horizontal meditation)
- Towel
- an Open Heart :o)