






# The Soulstice Immersion Journey

Over ten days, Soulstice Immersion invites you into a carefully held journey of reconnection, realignment, and courageous next steps. The experience unfolds through three phases — Reunite, Realign, and Re-enter — weaving together movement, breathwork, guided coaching, courageous inquiry, spacious pauses, nourishing meals, and time for rest, reflection, and exploration. You leave not only restored, but clearer about what matters now, more connected to yourself, and more grounded in what comes next.

## A typical working day

						
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Morning movement, yoga, or breathwork — a gentle, all-level invitation to arrive fully in yourself.	Breakfast	10:00–12:00   Guided group session: reflection, coaching, and courageous conversation	Spacious midday pause for lunch, rest, journaling, or quiet exploration	16:00–18:00   Guided group session: integration, inquiry, and shared exploration	Evening integration practice, gentle movement, or stillness	Dinner and spacious evening time

## The three phases

		
<b>Reunite</b>	<b>Realign</b>	<b>Re-enter</b>
Reconnect with yourself. Slow down, arrive, and begin listening for what feels true beneath the noise.	Gently examine what no longer serves you, clarify what matters now, and begin reshaping the life you want to return to.	Integrate what you've uncovered, reconnect with your direction, and return home with greater clarity, courage, and intention.

## Retreat flow | 1–10 October

							
Thu 1 Oct	Fri 2 – Sat 3 Oct	Sun 4 Oct	Mon 5 – Tue 6 Oct	Wed 7 Oct	Thu 8 – Fri 9 Oct	Fri 9 Oct	Sat 10 Oct
Arrival, settling in, evening welcome gathering	<b>REUNITE</b>	Spacious day — local markets, hiking, reading, wandering, or simply being	<b>REALIGN</b>	Spacious day — space to integrate, explore, or rest	<b>RE-ENTER</b>	evening Special closing celebration	Closing circle and departures

Throughout the immersion, guided sessions are balanced with generous unscheduled time, organic farm-to-table meals, and the freedom to rest, explore, connect, or simply breathe.

