

THE QUIET BEGINNING

A New Year's Eve Retreat

30 December - 2 January | Daylesford, Victoria

Three nights to slow down, reconnect and step into the New Year with intention.

DAY ONE - ARRIVE & SOFTEN

30 December

3:00-5:00 PM

Arrival & Settle In

Welcome drink and light refreshments while you unpack, meet the group and settle in.

6:30 PM

Welcome Dinner

A nourishing vegetarian dinner together.

8:00 PM

Opening Circle + Restorative Candlelit Yin & Yoga Nidra

A gentle opening circle followed by restorative Yin and deeply relaxing Yoga Nidra for rest and sleep.

DAY TWO - RELEASE & CELEBRATE

New Year's Eve - 31 December

From 8:00 AM

Optional Continental Breakfast

9:00 AM

Morning Practice

Hatha yoga with Kundalini-inspired movement, breathwork and meditation.

11:30 AM

Brunch

Afternoon

Free Time

Rest, explore Daylesford, journal, connect or simply enjoy time to yourself.

6:30 PM

New Year's Eve Dinner

8:30 PM

Release Ceremony - Letting Go of the Year

Reflection, journaling and ritual to honour the year that's been and release what you're ready to leave behind.

Later Evening

Connection + Celebration

Music, conversation and connection as we move towards midnight.

11:00 PM

Candlelight Heart-Opening Practice

A soulful blend of gentle movement, mantra, meditation and connection as we prepare to welcome the New Year.

MIDNIGHT

Welcome the New Year

Mocktails, connection and intention - a softer, more mindful way to welcome the year ahead.



DAY THREE - BEGIN AGAIN

New Year's Day - 1 January



8:30-9:30 AM	Optional Continental Breakfast Enjoy a slow morning and something light before practice.
10:00 AM	New Year's Morning Practice + Walking Meditation Gentle Hatha and Kundalini-inspired movement, breathwork and meditation, followed by a mindful walking meditation in nature.
1:00 PM	New Year's Day Picnic A relaxed picnic lunch together in nature.
Afternoon	Rest & Free Time Rest, explore Daylesford, read, journal, connect or simply do nothing at all.
7:00 PM	Dinner
8:30 PM	Restorative Candlelit Yin A slow, grounding evening practice to soften, restore and wind down before bed.

DAY FOUR - CARRY IT WITH YOU

2 January

7:30 AM	Final Morning Practice + Closing Circle A gentle 45-minute morning practice with movement, breathwork and meditation, followed by our closing circle.
8:30 AM	Freshen Up + Pack Time to shower, get ready and pack your things.
9:30 AM	Farewell Grazing Breakfast + Gifts Come together one last time over a beautiful grazing breakfast, with a little farewell gift from us to you.
10:30 AM	Check-Out & Farewells

The itinerary may flow and shift slightly throughout the retreat. This is a space to slow down - not another schedule to rush through.

