The Armoured Heart

Wisdom & Healing

Retreat

DATE / TIME	25th	26th	27th	28th	29th	30th	1st	2nd	3rd	4th	5th	6th
7.45 - 8.15		Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
8.30 - 9.15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30 - 10.45	Drum Making	Opening Ceremony	Soul Alliance	Soul Clarification	Spirits of Nature	ARRIVAL	Guiding Spirits of the Heart	*Siúlóid Luascadh* The Swaying Walk	Heart's Armour	True Nature	Despacho of the fiery heart	*Turas go Maith* Hail & Farewell
10.45 - 11.00	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11.15 - 12.45	Drum Making	Healing/wisdom practicum sessions	Healing/wisdom practicum sessions	Healing/wisdom practicum sessions	Nature Healing	**OPENING CEREMONY**	The Forgiveness Ritual	*Siúlóid Luascadh* The Swaying Walk	Heart's Armour	S'ualsch dearg Red Mountain Ceremony	Despacho of the fiery heart	
13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.15 -16.00	Drum Making	Healing/wisdom practicum sessions	Songs of Freedom Ceremony *Peeyush & Co..*	Arrows of the Heart Ceremony *Ainesh & Sushant*	Initiation Ceremony	Children of Dreams	Soul Dolls	Prisoner in the heart	Heart's Armour	Barq of Seoladair psychopomp	Hearts on Fire	
16.00 -16.30	Afternoon Tea	Afternoon Tea	Afternoon Tea				Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
16.45 - 19.45	Drum Ceremony	Forgotten Song *Priyabrat*	Child of Wonder *Rachna & Co*			Mear Dao-ean Ghost Mother Ancestral Ceremony	Feeding the heart spirit Ceremony	Breaking open the heart (Trance Ceremony)	Heart Light Ceremony	Barq of Seoladair psychopomp	Fire Ritual/Walk	
20.00 - 20.45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 - 22.00	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	