

Schedule for Ferreiros Retreat, October 3rd - 9th 2022

Monday 3rd October

Arrival, welcome and registration by 16:00

Please let us know if you are unable to arrive by 4pm

17:00 - 18:30 Welcome workshop

20.30 Dinner

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## Tuesday 4th October

08.15 - 09.00 (optional) Movement Medicine - Qigong with an Alexander Perspective

09:15 - 10:00 Breakfast

10:15 - 11:30 Workshop

12:00 - 13:00 Private lessons (30 minutes - rest of time free)

*You will receive 4 private lessons during the week (one from each teacher)*

13:15 Lunch

*Free time: walk, siesta, read, relax.....*

16:00 - 17:00 Private lessons (30 minutes - rest of time free)

17:15 - 18:30 Workshop

19:00 - 19:45 (optional) Meditation - with focus on the breath

20:30 Dinner

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Wednesday 5th October

08.15 - 09.00 (optional) Movement Medicine - Qigong with an Alexander Perspective

09:15 - 10:00 Breakfast

10:15 - 11:30 Workshop

12:00 - 13:00 Private lessons (30 minutes - rest of time free)

13:15 Lunch

Free time: walk, siesta, read, relax.....

16:00 - 17:00 Private lessons (30 minutes - rest of time free)

17:15 - 18:45 Guided Conscious Walk 90 mins

19:00 - 19:45 (optional) Meditation - with focus on the breath

20:30 Dinner

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## Thursday 6th October

08.15 - 09.00 Movement Medicine - Qigong Movements with an Alexander Perspective

09:15 - 10:00 Breakfast

10.15 - 11.30 Workshop

*Free afternoon: walk, siesta, read, relax.....*

20:30 Dinner

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Friday 7th October

08.15 - 09.00 (optional) Movement Medicine - Qigong with an Alexander Perspective

09:15 - 10:00 Breakfast

10:15 - 11:30 Workshop

12:00 - 13:00 Private lessons (30 minutes - rest of time free)

13:15 Lunch

Free time: walk, siesta, read, relax.....

16:00 - 17:00 Private lessons (30 minutes - rest of time free)

17:15 - 18:45 Workshop 75 mins

19:00 - 19:45 (optional) Meditation - with focus on the breath

20:30 Dinner

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## Saturday 8th October

08.15 - 09.00 (optional) Movement Medicine - Qigong with an Alexander Perspective

09:15 - 10:00 Breakfast

10:15 - 11:30 Workshop

12:00 - 13:00 Private lessons (30 minutes - rest of time free)

13:15 Lunch

*Free time: walk, siesta, read, relax.....*

16:00 - 17:00 Private lessons (30 minutes - rest of time free)

17:15 - 18:45 Guided Conscious Walk 90 mins

19:00 - 19:45 (optional) Meditation - with focus on the breath

20:30 Dinner at a local restaurant

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Sunday 9th October

08.15 - 09.00 (optional) Movement Medicine - Qigong with an Alexander Perspective

09:15 - 10:00 Breakfast

10:15 - 11.30 Workshop

11:30 - 12:00 Pack up and get ready to leave rooms

12.00 - 13.00 Farewell workshop

13:30 Lunch

Farewell

This is the official end of the workshop. However, if you wish to stay for longer, please talk to Belén who will be glad to help arrange this.

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