



# ***Pilgrimage of the Heart...***

***Fri 17 - Sun 19 March 2023***

## ***...our time together***

This gathering is about space and intimacy. Space enough to be nourished. Intimacy that arrives when we can drink from our own deep still well.

For these reasons, each day begins with a topic to explore, some beautiful questions to get curious about, and time...

to walk, to draw, to collage, to write, to sleep, to listen and share,  
to make noise, to drink from your own deep still well  
...and be nourished.

We welcome you to Pilgrimage of the Heart.

## **Friday is welcoming here, catching up, leaning in, going forward**

Lunch will be available 1.30-2.30pm

If you're flying in Friday morning, we recommend landing by 11am

3pm - 8pm we'll circle, walk, talk, enjoy a mystery guest speaker and sleep

## **Saturday is Pilgrimage of the Heart - spiralling into Self**

be nourished with

noble silence

beautiful questions

walking

time and space enough

feasting on delicious local organic produce

more guest speakers to accompany us along the path

You don't have to mind the time here; however you might like to know...

8-8.30am breakfast

10am-12.45pm morning program

1pm-2pm lunch

2-2.30pm siesta, free time

2.45pm-4.45pm afternoon program

4.30pm afternoon tea

5pm-5.45pm circle up

6pm - 8pm dinner and guest speaker

## **Sunday is Pilgrimage of the Heart - spiralling into Community**

be nourished with

songs

beautiful questions

walking

exploring through creativity

legacy circle

closing ritual

4.30pm afternoon tea

Flying home Sunday? Book a flight departing after 6.30pm to allow 2 hours for driving time to Hobart airport, allow 3 hours if you're catching buses.