



## *Workshop 1 : Intimacy with your natural environment*

<b>07h30</b>	Arrive at venue, welcome and settle in and briefing.
<b>08h00-09h00</b>	Session 1 (working with the elements)
<b>09h00-11h00</b>	Session 2 (working with the elements)
<b>11h00-13h00</b>	Session 3 (working with the elements)
<b>13h00-14h30</b>	Session 4 (working with the elements)
<b>14h30-15h30</b>	Return to home base
<b>15h30-16h30</b>	(Closing working with elements & close
<b>16h30-17h00</b>	Soup & Bread
<b>17h00</b>	Depart

### *Duration*

1 day (8 hours)

### *What is included*

Venue costs  
Facilitation fees  
Course materials  
Tea, fruit, light meal of soup and bread

### *What is excluded*

Transport to and from the venue

### *Notes*

Participants are invited to have a good grounding breakfast before coming to the workshop.  
Participants to bring own cushion/yoga mat to sit on, bathing suit and towel, blanket to keep warm.  
Participants to bring **all** prescribed medication to keep themselves safe in the natural environment (e.g. allergies to bee stings, pollen, grasses etc.)  
Participants to advise facilitators of any specific dietary requirements.

If you have any further questions please email us on  
zuzanka@naturewithin.co.za or lolla@naturewithin.co.za