



## Workshop 2 : Opening the senses

<b>Day 1: 08h30</b>	Arrive at venue, welcome, settle in and briefing.
<b>09h30-13h00</b>	Session 1 (experiential work with the senses)
<b>13h00-14h00</b>	Lunch
<b>14h00-17h30</b>	Session 2 (experiential work with the senses)
<b>18h00-19h00</b>	Dinner
<b>20h00-21h00</b>	Night walk
<b>Day 2: 08h00</b>	Breakfast
<b>09h30-13h00</b>	Session 3 (experiential work with the senses)
<b>13h00-14h00</b>	Lunch
<b>14h00-16h30</b>	Session 4 (experiential work with the senses)
<b>17h00</b>	Closing and departure.

### Duration

2 day (Saturday, Sunday)

### What is included

Venue costs  
Facilitation fees  
Course materials  
Fully catered (lunch & dinner on day 1,  
breakfast and lunch on day 2)

### What is excluded

Transport to and from the venue

### Notes

Participants to bring all items specified on the kit list for this workshop.  
(Kit lists will be sent to all participants when registration is

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