



Your Journey with Full Circle

AN EXAMPLE OF THE ALCHEMY RETREAT SCHEDULE

The Alchemy retreat program is designed as a holistic journey of self-discovery and personal growth. Grounded in compassionate accompaniment, trauma-informed care, and held with professional integrity, our approach spans five weeks of thoughtfully designed support. From personalised preparation to immersive on-site experience, to guided integration and ongoing community support, every step is held with intention. This retreat offers the space to slow down, listen inward, and explore what’s ready to emerge.

Our Four Core Pillars

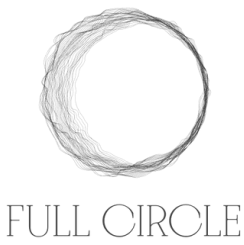
Preparation Via individual and group video calls, learn what to expect, cultivate readiness, and gain tools to help you stay grounded throughout your process.	Immersion Step into a safe environment designed for deep exploration. Be guided on non-ordinary experiences and allow yourself to be fully present.	Integration Reflect on your journey via individual and group sessions. Receive tools, resources and support to nurture your insights and ground back into your daily life, renewed.	Sustained Growth Stay connected with the Full Circle community, take part in future offerings like our connection circles, and see the meaningful ripple effect of your inner-work over time.
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Example Daily Schedule

Friday	Saturday	Sunday
3PM: Arrival & Room check-in	10AM: Nourishing Breakfast	9AM: Nourishing Breakfast
Light refreshments will be available while you have the opportunity to ‘land’, explore the grounds, and meet with the team doctor	11AM: Guided integration: (may include: gentle breath-work, guided meditation, sharing, inspired integration talk)	10AM: Open sharing circle
6PM: Opening circle & Intention sharing	1:30PM: Light snack break	12PM: Guided Integration practices
7:30PM: First Ceremony	2PM: Time for personal reflection, journalling, time in nature, use of facilities, or rest	1.30PM: Closing Circle
2AM: Light dinner & rest	5PM: Second Ceremony	2.30PM: Lunch
	12AM: Light dinner & rest	4PM: Farewells & Departure

**Please note that the actual daily schedule may differ slightly.*

If you’ve any questions or would like more information, we would be glad to hear from you: info@fullcirclejourneys.com



www.fullcirclejourneys.com