

■ Four Divine Abodes Retreat Itinerary

Sea Eagle Point – 20–23 February

Friday 20th February – Arrival & Opening (Loving-Kindness / Metta)

- From 2:00pm – Arrival, settle in
- 4:00pm – Welcome ceremony, introductions, creating a safe space
- 6:00–7:00pm – Dinner
- 7:30pm – Evening practice: Loving-Kindness (Metta) meditation

Saturday 21st February – Compassion (Karuna)

- 6:30–8:00am – Nature walk & ocean swim
- 8:00–9:00am – Breakfast
- 10:00am – Talking circle on the jetty: mindfulness & inner wisdom
- 11:30am–1:00pm – Free time
- 1:00–2:00pm – Lunch
- 2:00–4:00pm – Rest / reflection
- 4:00pm – Sacred circle: instruction for Compassion (Karuna) practice
- 5:30pm – Journalling & talking circle
- 6:30–8:00pm – Dinner (fireplace & alfresco)
- 8:00pm onwards – Music & star-gazing, free evening
- 10:00pm – Bedtime meditation for dreaming (journal reflections)

Sunday 22nd February – Sympathetic Joy (Mudita)

- 6:30–8:00am – Nature walk & ocean swim
- 8:00–9:00am – Breakfast
- 10:00am – Talking circle on the jetty
- 11:30am–1:00pm – Free time
- 1:00–2:00pm – Lunch
- 2:00–4:00pm – Rest / reflection
- 4:00pm – Sacred circle: instruction for Sympathetic Joy (Mudita) – partner practice
- 5:30pm – Journalling & paired reflections
- 6:30–8:00pm – Dinner
- 8:00pm onwards – Free evening / optional star-gazing
- 10:00pm – Bedtime meditation & dream journaling

Monday 23rd February – Equanimity (Upekkha) & Closing

- 6:30–8:00am – Nature walk & gentle stretches
- 8:00–9:00am – Breakfast
- 9:30–10:30am – Meditation instruction on Equanimity (Upekkha)
- 10:30am–12:00pm – Pack belongings, tidy up homes
- 12:00pm – Drive/buddy drive to Blueys Beach

- 12:30–1:30pm – Beach walk, swim, rainforest play
- 2:00pm – Closing circle on the beach
- 3:00pm – Departure – Retreat complete ■