



KIN

MOVE · REST · BELONG

Autumn Equinox Weekend Retreat

25 – 27 SEPTEMBER 2026

4:00 – 6:00pm

Arrival & Welcome

Settle in at your own pace. Tea, coffee and refreshments available on arrival. Clare and Maria will be on hand to show you to your room and around the space.

6:30pm

Opening Ceremony

We gather to begin. Introductions, intentions, and the theme for the weekend. The weekend officially opens.

RITUAL

7:00pm

Dinner

Come to the table. The first shared meal of the weekend.

NOURISH

8:30pm

Stretch & Unwind

A gentle wind-down to ease you into the weekend. Soft movement, the ideal way to prepare for deep rest.

OPTIONAL**REST**

7:00am

Sunrise Pilates

Start the day with intention. A Pilates session designed to wake up the body and ground you in movement.

MOVEMENT

9:00 – 10:00am

Breakfast

A nourishing shared breakfast. Take your time.

NOURISH

10:30am – 1:00pm

Roe Valley Forest Walk & Picnic

A short drive to the forest for a guided walk through the Roe Valley. Flasks and snacks provided. Movement in nature, conversation, fresh air.

MOVEMENT

COMMUNITY

1:30 – 2:30pm

Lunch

Back at the retreat. A proper sit-down lunch to restore and refuel.

NOURISH

2:30 – 3:30pm

Unstructured Rest

No phones. Read, journal, lie in the garden, meditate, or simply nap. This hour is entirely yours.

REST

3:45 – 5:15pm

Balance & Movement Workshop

An opportunity to challenge yourself - or simply move in a way that feels good. Progress at your own pace; there is no right answer here.

MOVEMENT

5:15 – 6:45pm

Relax & Restore

Hot tub, sauna, a long shower. The evening is approaching, take your time getting ready.

REST

7:00 – 8:00pm

Dinner

The long table. Good food, good company.

NOURISH

8:30pm

Stretch & Unwind

An evening practice to close the day, the ideal way to carry you into sleep.

OPTIONAL

REST

7:00 – 8:30am

Sunrise Beach Yoga

A final morning practice at the water's edge. A gentle, expansive session to open the last day with presence and gratitude.

MOVEMENT

9:00 – 10:00am

Breakfast

The final shared morning meal. Slow down, savour it.

NOURISH

10:15 – 11:15am

Rest & Digest

A nourishment talk, practical, grounding and genuinely useful. How to eat well for the way you move and live.

REST

11:30am – 12:30pm

Floor Flow Choreography

A fluid, expressive movement session to round out the weekend: joyful, embodied, yours.

MOVEMENT

12:30 – 1:30pm

Connection & Capture

Time together before we go. Photos, filming, laughter. The things you'll want to remember.

COMMUNITY

1:45 – 2:45pm

Lunch

Self-serve - graze, chat, and take your time. No rush.

NOURISH

3:00pm

Closing Ceremony

We close as we opened, with intention. A bell rings, the incense burns. Whatever you're carrying home, you carry it with your kin.

RITUAL

3:30pm

Depart

Safe travels. Until the next one.