

PROGRAMME

5-Day Somatic Experiencing® Retreat

DAY 1	15:00	Arrival, registration and check-in
	16:15	Welcome and introductions
	17:00	Start of the program
	19:45	Dinner
	21:00	Letting go of the day
DAYS 2/3/4	08:00	Tuning into the self
	10:00	Circles: check-in / Q&A
	10:30	Brunch
	12:00	Individual sessions Somatic Experiencing®, Family Constellation, Rolfing®, Craniosacral Therapy, Somatic Coaching
	15:30	Snacks and rest*
	17:00	Group work
	19:30	Dinner
	21:00	Letting go of the day *Boat trip takes place on day 3, 4 or 5 (after closing circle), weather permitting
DAY 5	08:00	Tuning into the self
	09:00	Completion ceremony
	10:00	Brunch and check-out rooms
	11:30	Closing circle

NOVEMBER 16-20, 2025

QUINTA BONITA | LAGOS, PORTUGAL

www.dragonflyretreats.org

