



## Transition Retreats

The theme running through all three retreats is that of transition and therefore they will address “liminal” movements across a threshold of profound change in the retreatants in a safe, prayerful holding space. They will not be “silent” in the traditional sense and will include talks, group facilitated sessions and possible 1:1 meetings with the retreat director for those who attend in person.

### **8.30–9.30**

on Wednesday and Thursday Optional 1:1 meeting with the retreat director, Nigel Rooms

**9:30** Day participants arrive, and refreshments are available

### **10.00-11.15 Session 1**

Break – free time & refreshments

### **11.30-12.45 Session 2**

13.00 Lunch – residential

### **14.00-15.15 Session 3**

Break – free time & refreshments, farewell to day participants

**16.00-17.00** Optional Group Guided Session to process the day for residential participants

**17.00 – 18.00** Optional 1:1 meeting with the retreat director, Nigel Rooms

18:30 Supper – residential

**19:30-20.30** Optional Group Guided Session to process the day for online or day participants (day participants to access this from home)