



A HEAL FARM experience in nature



This could be a regular day for you at the farm,

ACTIVITY	WHERE/HOW	TIME
WAKE UP BELL	AT YOUR HUT	5:30AM
MOVEMENT AND MEDITATION	YOGA SHALA	6:30AM
BREAKFAST	COMMON ROOM	8:00AM - 9:00AM
VOLUNTEER DRIVEN	WORK/OFFERINGS/SERVICE	9:00AM - 12:00PM
SIESTA/REST/MOBILE/LAPTOP	HUT/LIBRARY/COMMON ROOM	12:00PM - 1:00PM
LUNCH	COMMON ROOM	1:00PM - 2:00PM
SIESTA/REST/MOBILE/LAPTOP	HUT/LIBRARY/COMMON ROOM	2:00PM - 3:00PM
VOLUNTEER DRIVEN	WORK/OFFERINGS/SERVICE	3:00PM - 6:00PM
DINNER	COMMON ROOM	6:00PM - 7:00PM

We suggest a residency of at least seven days, to gently align with nature's rhythm by slowing down and opening the senses to greater peaks of inner and outward awareness.

The vegetarian meals are lovingly prepared using locally sourced ingredients with an inclusion of fruit, dairy, eggs and honey.

The farm is kept free of alcohol, tobacco, caffeinated beverages and any other mind altering substances.

Spend your time here exploring life... if you wish to do this in silence please let it be known.

Note: We offer healings and silent/meditation retreats on request only.