

Woodlands Sanctuary - Winter Soirée - July, 2010

Outline Program - Subject to change

Tutors: Audrey & Garth Willey

Time	Thursday 15th	Friday 16th	Saturday 17th	Sunday 18th	Monday 19th
8:00am - Breakfast					
8:50 - 9.00am		Ommm time	Ommm time	Ommm time	Ommm time
9:00 to 10:00am		Quieting the brain	Trance work How deep can we go?	Inspired speaking	Let's fly to another dimension with the bowls
10.00 to 11.15am		Controlling the imagination	Going deeper - in safe environment	Inspired trance speaking	"The Leaders" Another world
Morning tea					
11:30am to 12:30pm		Just Being	The different energies that work with us	Going outside our boundaries	Other trance states
1pm Lunch					
2:00 to 3:00pm		Alpha state exercises	Attuning to those energies	Demming in trance state	Discussion
3:00 to 4:00pm		Building the nonphysical energy	Group readings in trance state	Demming in trance state	Taping your session
Afternoon tea					Close
4:30 to 5:45pm	Opening Session	Discussion time Origins & Evolution Nature & Nurture	Discussion time The Value of One's Life Making the most of it	Discussion time Character building Preparation for the hereafter	
6:00 to 7:00pm	Soirée time	Soirée time	Soirée time	Soirée time	
7:30pm Dinner					

Woodlands Sanctuary - 2010 Winter Soirée - Add on
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The Add On is primarily for trance and physical phenomena work. Quite a lot will be experimental and new.

Work in the red light and dark will be the order of the day, and dark clothes need to be worn at all times.

The Add On is NOT for beginners, but ONLY for those who are seeking to advance their trance mediumship, with a view to see if they have

Time	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd
8:00am - Breakfast				
8:50 - 9.00am		Ommm time	Thought of the day	Thought of the day
9:00 to 10:00am		Cabinet work	A deeper state	Working in pairs to build energy
10.00 to 11.15am		Discussion time Physical phenomena	Discussion time Physical phenomena	Discussion time Physical phenomena
Morning tea				
11:30am to 12:30pm		Physical energy	"Let's play"	Light trance for a group reading
1pm Lunch				
2:00 to 4:00pm		Building your physical links - be it trance, trance healing, private readings, etc	Building the energies in pairs in a group	Guides & Group Leaders
Afternoon tea				Closure
4:30 to 5:45pm	Experimental Séance Room work	Experimental Séance Room work	Experimental Séance Room work	
6:00 to 7:00pm	Mirror work	Have you got patience?	Culmination séance	
7:30pm Dinner				