

2025 RETREAT INTINERARY

Spring in Your Step

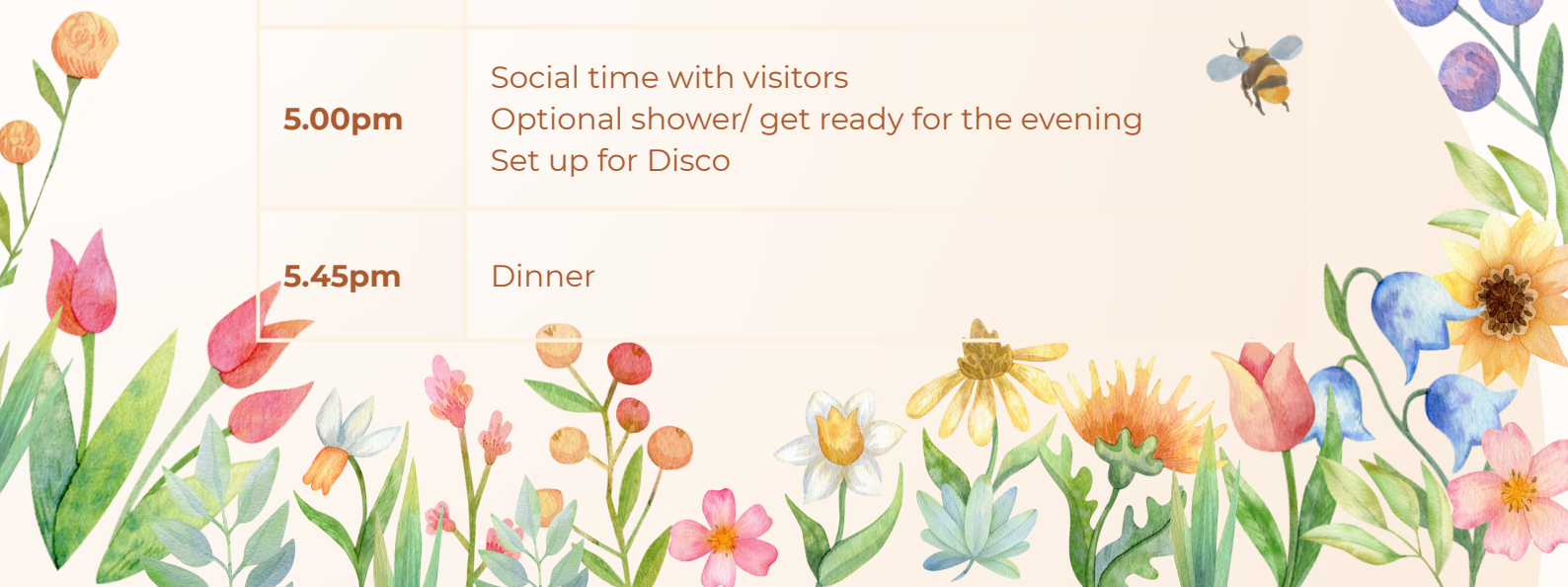
Day 1 - Friday 28 November

1.30pm	Meet at Central Train Station Grand Concourse (between platforms 1 & 2)
2.10pm	Train to Leura departs
4.05pm	Arrive to Leura Station and travel to Sinofield via coach
4.30pm	Non travelling participants meet at Sinofield
4.45pm	Arrivals Welcome and afternoon tea Introductions Group Rules Room Allocations Make Beds and get ready for the evening
6.20pm	Coach to Hotel Etico
7.00pm	Dinner and live music at Hotel Etico
9.00pm	Coach to Sinofield
9.30pm	Settle into Rooms Showers/get ready for Bed
10pm	Lights Out



Day 2 - Saturday 29 November

6.30am	Wake Up and Get Ready for the Day
7.30am	Breakfast Easy-read agreements & Goal Setting
9.00am	Coach to Scenic World via Three Sisters
9.30am	Arrive at scenic world and split into groups Morning Tea available for purchase
12.00pm	Coach to Sinofield
12.30pm	Lunch
1.30pm	Quiet time Get ready for afternoon/evening
2.45pm	Guests arrive for workshop
3.00pm	Self Advocacy with Tara from MePlusMore Part 1
4.00pm	Afternoon Tea
4.15pm	Self Advocacy with Tara from MePlusMore Part 2
5.00pm	Social time with visitors Optional shower/ get ready for the evening Set up for Disco
5.45pm	Dinner



Day 2 - Saturday 29 November, Part 2

6.45pm	Disco with local guests
9.00pm	Quiet social time Get ready for bed
10.00pm	Bedtime/Lights Out

Day 3 - Sunday 30 November

6.30am	Wake Up and Pack up!
8.00am	Breakfast
9.00am	Pen Pal Program, Mindfulness Yoga or Christmas Craft
10.30am	Evaluation of goals Camp Graduation
11.45am	Lunch
12.45pm	Non-travellers picked up from Sinofield
1.00pm	Coach Departs Sinofield
3.00pm	Pick up at Central Train Station Goodbye until Next Time!

