

RECONNECT

Gathering in the Sacred Spiral

A retreat for women practitioners

22–25 October 2026

Murrah Dream Retreat · Yuin Country · NSW Sapphire Coast

Held by Rebecca Harrison & Elizabeth Cotterell

Our Journey Together

Over four days and three nights, we will move through yoga, meditation, Akashic Records work, transformational breathwork, Dharma talks, sound, ceremony and time around the fire. The retreat has been designed as a journey, with each day building upon the last while also allowing space to rest, connect and simply be.

Everything on this programme is optional. Our invitation to you is to honour what you need in any given moment — whether that is full participation, quiet rest, or something in between.

Rebecca Harrison — Facilitator — a trauma-informed breathwork facilitator, meditation teacher and Akashic Records practitioner, trained in Neuroencoding.

Elizabeth Cotterell — Facilitator, holding the container for our time together through multidimensional energy work, Reiki and sound.

Clare O'Dwyer — Our yoga teacher for the retreat, of Clare O Yoga, guiding daily practice in slow-flow and Hatha-based yoga, trauma-aware, Yin and restorative styles.

Chef Stacey — Preparing nourishing, wholesome plant-based meals throughout our stay, using local and organic produce wherever possible.

DAY ONE · THURSDAY 22 OCTOBER

Intention Setting

2:00–4:00pm	Arrival & Settling In Guests can start arriving from 2:00pm. We ask that everyone arrives by 4:00pm so there's time to settle in before dinner and our planned evening activities.
5:00–6:00pm	Mandala Creation & Cake Making We'll take some time to collect objects from nature and create a group mandala, followed by making a cake together. We'll stir our intentions into the cake, which we'll share for dessert later in the evening.
6:00–7:00pm	Dinner
Evening	Cacao Ceremony & Fire We will gather for a cacao ceremony before spending time gazing into the fire — a space for introspection, self-contemplation, and setting our intentions for the retreat.

DAY TWO · FRIDAY 23 OCTOBER

Breath, Manifestation & Transmission

7:00–8:00am	Yoga
9:00–10:00am	Breakfast
10:00am	Fire Horse Meditation & Akashic Records Activation Our meditation theme will be the Fire Horse, followed by a powerful journey of manifesting our future self. Working within the Akashic Records, we will connect with the best version of ourselves and explore the future we are ready to step into — calling that energy, awareness and possibility into the present moment.
12:00–1:00pm	Lunch
2:00pm	Group Consciousness Transmission & Transformational Breathwork We will begin with a talk and transmission for the group consciousness before moving into transformational breathwork — an opportunity to move beyond the thinking mind, connect more deeply with ourselves, and allow whatever is ready to shift, release or be experienced to arise.
4:00–5:30pm	Group Dharma Talk A reflective conversation exploring yoga philosophy and conscious living.
6:00–7:00pm	Dinner
Evening	Yoga Nidra & Fire We will wind down with Yoga Nidra before bed, followed by an opportunity to sit around the fire, relax and simply be together.

DAY THREE · SATURDAY 24 OCTOBER

Shadow, Higher Self & Integration

7:00–8:00am	Yoga
9:00–10:00am	Breakfast
10:00am	Yoga Meditation — Integrating Our Polarities This meditation will explore two aspects of ourselves: our higher self and our shadow. Rather than rejecting the parts of ourselves we may find uncomfortable, we will explore what happens when we acknowledge both polarities — learning to recognise, understand and accept our shadow while remaining connected to the wisdom of our higher self.
1:00–2:00pm	Lunch
Afternoon	Free Time Time to rest, integrate, connect with others, or simply enjoy your surroundings.
4:00–5:00pm	Sound Journey
6:00–7:00pm	Dinner
7:00pm	Ecstatic Dance & Fire For those who feel called, we will move into ecstatic dance. There is also the option to simply relax, sit around the fire and enjoy the evening in whatever way feels right for you.

DAY FOUR · SUNDAY 25 OCTOBER

Closing & Integration

7:00–8:00am	Yoga
9:00–10:00am	Breakfast
10:00am–12:00pm	Closing Circle Our final morning is dedicated to our Closing Circle — an opportunity to come together as a group, reflect on what we have experienced over the retreat, and acknowledge what we are taking home with us. Rather than seeing this as the end of the retreat, it is a moment to recognise what has shifted, what has been remembered, and what we now choose to carry forward into our everyday lives.
12:00–1:00pm	Lunch
1:00–2:00pm	Pack Up & Departure Guests can start packing up ready for a 2:00pm departure.