Journey with Nikita

JOURNEY FROM KARMA TO DHARMA®

YOUR PRIVATE RETREAT ITINERARY

18–21 JANUARY 2027 | THE CIDER BARN, UPPER WOODLANDS, SOMERSET

Thank you for saying yes to yourself. This is a considered rhythm of self-reflection, embodiment, sacred landscape, spa time and private integration.

The spaces between sessions are intentional. You are welcome to rest, withdraw, journal or simply allow the experience to settle.

> **Please arrive at 3.00pm on Monday.** Departure is by 10.00am on Thursday.

DAY ONE

Monday: Arrival and the Threshold

A gentle arrival, followed by the first facilitated inquiry and time to settle into the residence.

MONDAY 18 JANUARY 2027

3.00pm — Arrival and settling
Charlotte welcomes you and shows you to your en-suite bedroom.

3.45pm — Welcome afternoon tea
An informal introduction to the residence, the group and the rhythm of the retreat.

4.45–6.15pm — Session One: Entering the Threshold
Confidentiality, intention and the personal threshold bringing you here.

6.30–8.30pm — Reserved group spa session
Private two-hour group access to the pool, sauna and hot tub.

From 8.30pm — Light refreshments and meditation
A gentle close to the first evening. The remainder of the night is yours.

THE MILKING PARLOUR

DAY TWO

Tuesday: Pattern and Pilgrimage

The inner inquiry travels into Glastonbury before the day closes with a shared meal and reserved spa time.

TUESDAY 19 JANUARY 2027

8.00am	Yoga with Charlotte A gentle embodied practice to begin the day.
9.00am	Leisurely breakfast A generous breakfast at the residence.
10.00–11.30am	Session Two: Karma and Pattern With Nikita in the Milking Parlour.
12.00pm	Departure for Glastonbury Contemplative time and space to explore at an unhurried pace. Group transport is included.
4.00pm	Early dinner at Queen of Cups A distinctive seasonal shared-dining experience.
6.30–8.30pm	Reserved group spa session Back at the residence.
From 8.30pm	Light refreshments and meditation

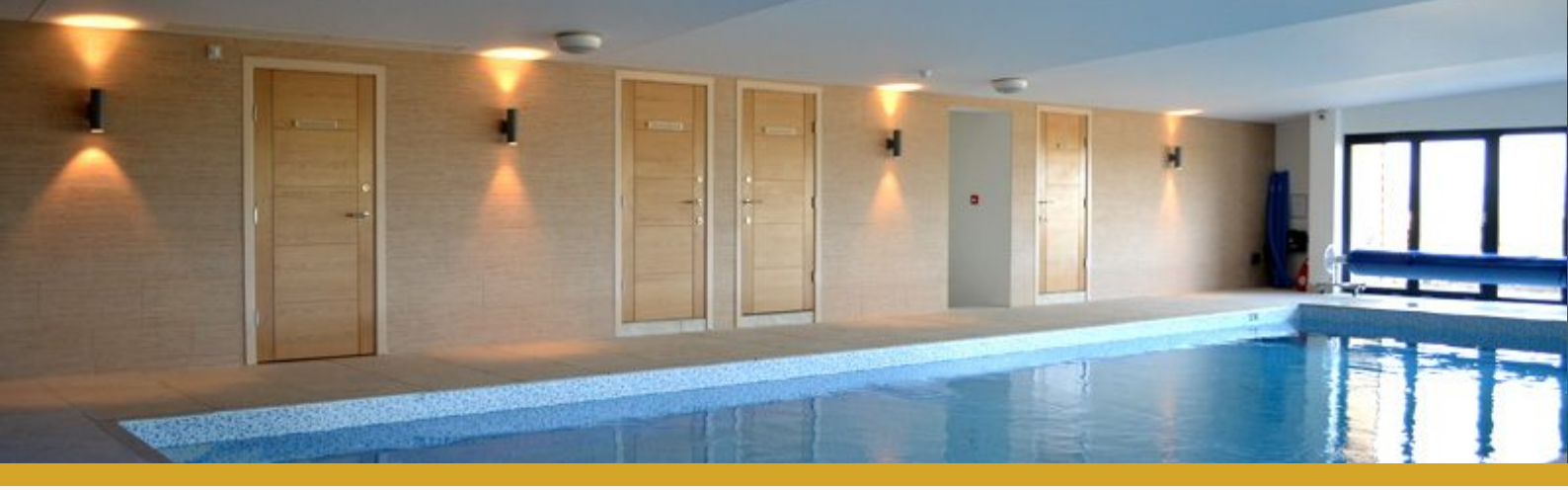
DAY THREE

Wednesday: Remembrance and Dharma

The day moves from facilitated work into spacious personal integration and a private celebration dinner.

WEDNESDAY 20 JANUARY 2027

8.00am	Yoga with Charlotte	A grounding embodied practice.
9.00am	Leisurely breakfast	Breakfast at the residence.
10.00–11.30am	Session Three: Remembrance and Dharma	With Nikita in the Milking Parlour. What is true beneath identity, responsibility and performance?
From 12.00pm	Lunch and personal integration	Free time for rest, reflection, optional treatments and scheduled one-to-one conversations.
4.00–6.00pm	Reserved group spa session	Time to rest and integrate before the closing evening.
6.30pm	Private celebration dinner	A beautifully prepared final dinner at the residence.



DAY FOUR

Thursday: Closing and Return

The final morning is deliberately simple, allowing you to leave without rush or emotional intensity.

THURSDAY 21 JANUARY 2027

7.00–9.00am	Optional morning spa	A final reserved session for those who would like a quiet start.
9.00am	Closing brunch	A relaxed final meal and closing reflection.
By 10.00am	Departure	Personal integration guidance supports a gentle return home.

PRACTICAL NOTES

ATTIRE

Comfortable layers for yoga, indoor reflection and January weather. Spa robes and towels are provided.

TRAVEL

Travel to and from Upper Woodlands is not included. Group transport within the retreat itinerary is included.

TREATMENTS

Optional treatments are booked and paid for separately, subject to therapist availability.

PAYMENT

Due to the intentionally limited number of places, payment plans are not available. All bookings are non-refundable.

The detailed flow may be sensitively adjusted to support the group and the work unfolding.