

CASTLE CRAIG HOSPITAL

RENEWAL WORKSHOP

“Nature and Recovery”

Wednesday 10th - Thursday 11th
June 2009



Castle Craig Hospital

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Nature and Recovery

This 2 day workshop is all about enjoying the surroundings of Castle Craig while connecting with your inner self through nature. Activities will include meditative walks, equine therapy, “fun and recovery” groups and an opportunity to try Scottish Country Dancing.

Programme

Wednesday 10th June

9.00 - 9.45	Yoga (Optional)
10.00 - 11.00	Welcome /introduction
11.15 - 13.00	Meditative walk
13.00 - 14.00	Lunch at the Lodge
14.00 – 15.00	Process Group
15.30 - 17.30	Outside activity (to be confirmed)
18.00 - 19.00	Dinner at the Lodges
19.00	Introduction to Scottish Country Dancing

Thursday 11th June

9.00 - 9.45	Meditation
10.00 - 13.00	Equine Therapy
13.00 - 14.00	Lunch at the Lodges
14.00 - 16.00	Fun and Recovery
16.30 - 18.00	Closing group
18.00 - 19.00	Dinner at the Lodges