

The Wholehearted Woman

A 5-Day Mindfulness Retreat into Quiet Wisdom and the Light Within

📅 1-5 OCTOBER 2026

📍 TUI BLUE ANGKOR GRACE WELLNESS RESORT

| DAY 1 | Softening into Mindful Presence |
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| Afternoon | Arrival at Siem Reap International Airport (REP) and transfer to Angkor Grace Wellness Resort |
| 15:00 - 16:30 | Arrival at resort and settling in |
| 16:30 - 17:30 | Welcome orientation & resort tour |
| 18:00 - 19:00 | Welcome dinner with healthy, locally-inspired cuisine |
| 19:30 - 21:00 | Opening Mindfulness Experience Settling the body and mind to truly arrive; setting intentions |

| DAY 2 | Listening to the Voice of Wisdom |
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| 07:30 - 08:30 | Breakfast |
| 09:30 - 11:30 | Morning Mindfulness Experience Tuning in to the voice of inner knowing |
| 12:00 - 13:00 | Healthy Lunch & Mindful Eating |
| 14:00 - 16:00 | Afternoon Mindfulness Experience Self-trust, self-compassion, self-ownership |
| 16:00 - 18:00 | Spa / Wellness Treatments (optional) |
| 18:00 - 19:00 | Light Dinner |
| 19:30 - 21:30 | Evening Mindfulness Experience Nourishing our sense of being |

| DAY 3 | Making Space for Clarity |
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| 04:45 - 05:00 | Departure for Sunrise at Angkor Wat |
| 05:30 - 07:30 | Mindful Walking & Silent Reflection at Angkor Wat Inspirations from women in time and feminine wisdom Simplifying life; reducing mental clutter |
| 08:30 - 09:30 | Breakfast at the Resort |
| 09:30 - 12:00 | Spa / Wellness Treatments (optional) |
| 12:00 - 13:00 | Healthy Lunch & Mindful Eating |
| 14:00 - 16:00 | Afternoon Mindfulness Experience Recognising priorities; releasing what no longer serves us |
| 16:00 - 18:00 | JOMO (Joy of Missing Out) Time The art of "non-doing" |
| 18:00 - 19:00 | Light Dinner & Rest |

| DAY 4 | Reclaiming Our Strength |
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| 07:30 - 08:30 | Breakfast |
| 09:00 - 11:00 | Morning Mindfulness Experience Redefining endurance; navigating difficult experiences |
| 11:30 - 12:30 | Tea Meditation |
| 12:30 - 13:30 | Healthy Lunch & Mindful Eating |
| 14:30 - 16:30 | Afternoon Mindfulness Experience Establishing boundaries; balancing kindness with firmness |
| 16:30 - 18:00 | Spa / Wellness Treatments (optional) |
| 18:00 - 19:00 | Light Dinner |
| 19:30 - 21:30 | Evening Mindfulness Experience Trusting the steady light within |

| DAY 5 | Carrying the Light Home |
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| 07:30 - 08:30 | Breakfast |
| 09:00 - 11:00 | Tea Meditation & Closing Mindfulness Experience Wholeheartedness as a Way of Life |
| 12:00 - 13:00 | Check out and transfer to Siem Reap Airport for Departure |

