

# *Programme Glastonbury August 2018*

**Monday, 27<sup>th</sup> August 2018**

- 07:45 Meeting at 30 Bury Avenue, Ruislip
- 08:00 Leaving for Stonehenge (in three different cars) Arriving at Stonehenge Visitors Centre at 09.30

## STANDING IN THE STONES



Take a trip through time with incredible audio-visual 360 degree view from inside the stones, in the visitor centre. Imagine what it feels like to stand in the middle of Stonehenge at winter and summer solstice, with this unique and memorable experience.

## NEOLITHIC HOUSES



Discover how the houses were built using authentic materials and techniques. Watch volunteers demonstrating ancient domestic skills - flint knapping, making rope out of rushes, and grinding grain with a quern and a rider.

## STONEHENGE EXHIBITION



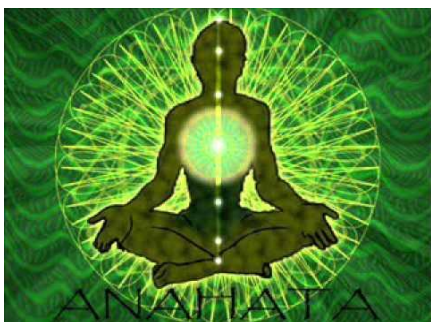
Discover the story of Stonehenge. Over 250 archaeological objects and treasures discovered in the landscape are displayed at Stonehenge for the first time. This includes jewellery, pottery and tools to ancient human remains.

## THE STONE CIRCLE



Walking and meditating around Stonehenge Stone Circles

- 12:30 Leave Stonehenge and head towards Glastonbury
- 13:30 Arriving at the Retreat Centre in Glastonbury for check in
- FREE TIME**
- 14:45 Learning and experiencing Tarot Cards and Crystal Ball
- 16:30 Exploring Glastonbury High Street, leading to Dinner
- 20:30 Guided Meditation on Heart Chakra



## *Programme Glastonbury August 2018*

**Tuesday, 28<sup>th</sup> August 2018**

- 08:30 Breakfast in dining room
- 09:45 Leaving for Glastonbury Tor

### **Glastonbury Tor**



Glastonbury Tor is a hill, topped by the roofless St Michael's Tower. It is known as being one of the most spiritual sites in the country. Its pagan beliefs are still very much celebrated. In Celtic mythology, the Tor became associated with Gwyn ap Nudd, the first Lord of the Otherworld (Annwn) and later King of the Fairies. The Tor came to be represented as an entrance to Avalon, the land of the fairies. The tor is supposedly a gateway into "The Land Of The Dead".

### **Collard Hill**



Collard Hill, not far from Glastonbury, is one of the few places in the country where you can see this extremely rare creature – Large Blue Butterflies

- 13:00 Explore The High Street and have Lunch
- 15:00 Back to the Retreat Centre
- FREE TIME**
- 17:00 Learn to see Aura (including exercise to heal aura)
- 19:00 Dinner
- 20:30 Meditation on Third Eye Chakra



## *Programme Glastonbury August 2018*

**Wednesday, 29<sup>th</sup> August 2018**

08:30 Breakfast in dining room

10:00 Leaving for Weston-Super-Mare (about 50 min journey)



11:00 Meditation on Sand Bay Beach (sound of ocean waves)



13:00 Lunch (Picnic on the beach)

15:00 Return to Glastonbury

**FREE TIME**

17:00 Kundalini Meditation

19:00 Dinner

20:30 Understanding Phases of the Moon and their affect on us



## *Programme Glastonbury August 2018*

**Thursday, 30<sup>th</sup> August 2018**

- 08:30 Breakfast in dining room
- 10:30 Leaving for Avebury Stone circles (journey 1 hr 20 min)
- 12:20 Pub Lunch
- 14:00 Exploring the Avebury Stone Circles and the Sanctuary (Meditation included)

### **The Sanctuary, Avebury**



Begun in about 3000 BC, it was originally a complex circular arrangement of timber posts, which were later replaced by stones. These components are now indicated by concrete slabs.

Its function remains a mystery: possibly it enshrined the dwelling place of some revered person. Huge numbers of human bones found here, accompanied by food remains suggesting elaborate death rites and ceremonies.

### **Avebury Stone Circle**

It was built and altered over many centuries from about 2850 BC until about 2200 BC and is one of the largest, and undoubtedly the most complex, of Britain's surviving Neolithic henge monuments. It is believed that these circles were used for ritual human sacrifices to please Pagan gods and goddesses. Devil worshiping has also been associated with these stones.



**16:15 Leaving for Ruislip (approx. arrival time 6pm)**