

Disconnect to Reconnect - 2026

Itinerary

Tuesday - October 13

Arrival and Grounding

- Afternoon arrivals and time to settle into your private cottage
 - Evening group gathering in the Lodge to open the experience with Jill.
 - Welcome dinner together
 - Bonfire circle on the beach
- Share a ritual that is meaningful in your relationship
- Share what you are hoping to experience during these days

The first evening is about arrival in every sense — into the landscape, into your cottage and into the shared experience.

Wednesday - October 14

7.45am - 8.45am Optional early outdoor meditation by the cove with Jill

8.45 – 10 am Breakfast hampers delivered to the cottages.

10.15 – 11 am - Morning relational framing session in the Lodge with Jill

11.30 – 2.30 pm – Guided Paddle to Five Finger Rapids & Short Hike – snacks with thermos of tea/coffee for the paddle, plus picnic lunch at the rapids. Pick up by boat to return to lodge.

Free time 3.00pm – 4.30 pm

4.45 pm- 8.30 pm go to Shangri La island by boat

Assemble by main dock, BBQ by the wáter, log fire, stargazing.

9pm – Return to lodge.

Each morning begins with a new reflection prompt delivered in your hamper, offering a theme for the day. Following breakfast, Jill will guide a short conversation to frame the experience — exploring how couples navigate shared adventure, novelty, and light challenge. The evening fire gathering offers space to integrate what you noticed about yourselves in motion.

Thursday - October 15

Optional early outdoor meditation by the pond with Jill

8.45am – 9.45am Breakfast with hampers delivered to cottages and a new guided reflection prompt

10.00 am – 11.15am Guided forest exploration with cranberry picking and treasure Hunt with Jill.

11.30am - 3.30pm – Private island drop off with Delicious picnic lunch and reflective elements. Includes boat trip, picnic, picnic blanket, tent/tarp shelter, materials for campfire,. Take photos or bring sketch pad and pencils and/or take fishing rod

4.00pm – 5.00 pm Free time for rest or exploration and /or guided Nordic sauna ritual with optional cold plunge and breathwork led by Jill

5.30pm - 6.30pm Cocktail and mocktail crafting competition

7.00pm - 9.00pm Private date-night dinner for each couple

9.00pm Optional bonfire gathering

This day centres on deeper connection. Morning guidance explores intimacy, autonomy, and shared growth. The private island experience provides uninterrupted space to reconnect. In the afternoon, Jill will guide a Nordic-inspired sauna ritual, including optional cold plunge and breathwork for couples who wish to participate. The evening balances playfulness and meaning through date night and optional fire-side conversation.

Friday - October 16

Breakfast hampers delivered to cottages, including a guided prompt for the day

Closing circle in the Lodge with Jill.

Shared lunch before departure.

The final morning invites integration. Jill will guide a closing conversation focused on carrying rituals, insights, and renewed connection back into daily life

What you should bring:

A couple ritual to share

Fishing equipment in case they want to use it in the island

Music instrument

Sun glasses

Good boots for hiking

Binoculars

