



RIVERHOUSE

FREE YOUR SOUL WITH LOU HAMILTON

9:30 - Arrive & land

Soft welcome, herbal tea, time to just arrive in your own energy. Smoothies & gut-loving muffins on arrival

10:00 - Art journaling & somatic flow

Start slow. Gently drop into your body and let your hands meet the page—no rules, just expression.

10:50 - Comfort break

11:00 - Art journaling

Sink deeper. Let your inner world come to life on paper.

12:00 —Make-your-own Superfood Ball

Play with food. Get your hands messy.
Nourish yourself.

13:00 - Eat the Rainbow lunch

A vibrant, delicious meal made with love.
Think colour, soul, plants and joy.

14:30 - Boiler Suit Studio

Throw on a paint-friendly suit and let your creative wild child loose.

15:30 - Barefoot ecstatic paint-dance

Dance like no one's watching. Paint like you're five years old again. Make something beautiful — not for anyone else, just because it feels good.

16:15 - Closing circle

A moment to land, reflect, and take a piece of this energy back with you.