

Iceland Therapist Retreat – Preliminary Agenda

November 13–20, 2026 | Frost and Fire Hotel, Hveragerði, Iceland

A 7-night retreat in the geothermal landscape of Iceland, combining professional training, self-care, and cultural immersion. Participants will earn 18 CE hours through expert-led sessions, cultural learning, and integrative workshops.



What's Included

- 7-night stay at Frost and Fire Hotel (with geothermal pools by the Varma River)
- 18 CE hours total:
 - 14 hours Intro to Internal Family Systems (IFS) with Lori Ballard & Trevor Bird
 - 3 hours 'The Ethical Imperative of Self-Care' with Arilda Surridge
 - 1-hour Cultural Learning Workshop (CE credit)
- Three mornings of yoga
- Daily breakfasts and group dinners
- Excursions highlighting Iceland's natural wonders and cultural traditions



Retreat Schedule

Day 1 – Arrival & Welcome (Nov 13)

- Check-in at Frost and Fire Hotel
- Welcome circle: introductions, orientation, and setting intentions
- Evening Welcome Dinner with Icelandic cuisine
- Relax in the hotel's geothermal pools

Day 2 – CE Training & Wellness (Nov 14)

- 7:30 am – Morning Yoga (geothermal riverside)
- 9:00 am – 12:00 pm Training (3 hrs) – 'The Ethical Imperative of Self-Care' with Arilda Surridge
- Afternoon: Reykjadalur Valley geothermal river hike (hot spring bathing in nature)
- Evening: group dinner & optional hot tub soak

Day 3 – Nature & Culture (Nov 15)

- Morning: Wellness walk in Hveragerði's geothermal park

- Cultural Learning Workshop (1 hr CE) – Icelandic traditions & resilience
- Afternoon: Group visit to local geothermal greenhouse farm (farm-to-table tasting)
- Evening: Northern Lights viewing excursion (weather permitting)

Day 4 – Full-Day CE Training (Nov 16)

- 7:30 am – Morning Yoga
- 9:00 am – 5:00 pm Training (7 hrs, lunch included) – Intro to IFS Part 1 with Lori Ballard & Trevor Bird
- Evening: free time or storytelling by the fire

Day 5 – Golden Circle Adventure (Nov 17)

- Full-day Golden Circle Tour:
 - Þingvellir National Park (tectonic plates & historic parliament site)
 - Gullfoss Waterfall
 - Geysir geothermal area
- Evening: group dinner in Reykjavík or back at hotel

Day 6 – Full-Day CE Training (Nov 18)

- 7:30 am – Morning Yoga
- 9:00 am – 5:00 pm Training (7 hrs, lunch included) – Intro to IFS Part 2 with Lori Ballard & Trevor Bird
- Evening: optional Blue Lagoon or Laugarvatn Fontana Spa visit (on own account)

Day 7 – Integration & Farewell (Nov 19)

- 7:30 am – Morning Yoga
- Morning: reflective integration workshop – combining IFS, self-care, and cultural learnings
- Afternoon: free time for journaling, nature walks, or shopping in Hveragerði
- Evening: Farewell Icelandic dinner & closing circle

Day 8 – Departure (Nov 20)

- Breakfast at the hotel
- Optional morning meditation or final soak in geothermal pools
- Airport transfers & departures



Group Activities Possible from Frost and Fire Hotel

- Reykjadalur Valley geothermal river hike (natural hot spring bathing)
- Golden Circle Tour – Þingvellir, Gullfoss, Geysir
- Northern Lights excursions (seasonal)
- Local geothermal greenhouse visit with farm-to-table tasting
- Hveragerði geothermal park walks
- Optional spa visits – Blue Lagoon, Laugarvatn Fontana (own account)
- Nearby waterfall hikes (Seljalandsfoss, Gljúfrabúi day trips)