

Women Who Run With Horses Retreat Schedule for July 12-14, 2024

Weekend of: July 12-14, 2024

	7/11 Thursday	7/12 Friday	7/13 Saturday	7/14 Sunday	7/15 Monday
8:00 AM			Morning yoga, breathwork, sauna. Coffee/Tea at the outdoor kitchen	Morning Yoga, breathwork, sauna Coffee/Tea at the outdoor kitchen	
8:30 AM		Free time for those arriving the night before			
9:00 AM			BREAKFAST	BREAKFAST	
9:30 AM					
10:00 AM		Arrive - Set up camp, get acquainted	Free time		
10:30 AM				Waterfall Tour/River Swim- Adventures in the Pend D'Oreille!	
11:00 AM		Retreat officially starts: Meet and greet circle among the herd, setting intention for the weekend			
11:30 AM			Holistic Nutrition Workshop- Mindful Eating with Cindy Spratt Includes Luncheon		
12:00 PM					
12:30 PM					
1:00 PM		LUNCH		Hormone Harmony for Women Workshop with Cindy Spratt and luncheon	
1:30 PM					
2:00 PM			Free time		
2:30 PM					
3:00 PM	Ladies welcome to arrive Thursday evening!	Trauma Workshop- how trauma can be stored, peri-steaming, herbs & discussion with Theresa from Luminous Creatrix	Horse Guided Empowerment- Sitting with the herd, journaling. Our deepest desires & life goals		Everyone welcome to stay Sunday night for Monday morning departure
3:30 PM				Horse Guided Empowerment- working as one to move the herd, overcoming obstacles	
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM		Free time	Free time		
6:00 PM				Closing circle with Kim	
6:30 PM					
7:00 PM		DINNER	DINNER		
7:30 PM					
8:00 PM				Wood fired Pizza for those staying the night	
8:30 PM		Circle with Kim	Circle with Kim		
9:00 PM					
9:30 PM		Bonfire (if no fire ban), sauna, cold plunge (in lake if desired), star gazing, gentle guitar music	Sauna, Bonfire, Soul Sisters Dancing	Free time	

NOTES

TO DO

Participants are welcome to spend the night Sunday for Monday morning departure

Ladies are welcome to arrive Thursday evening if it works better for you. I know some of you are travelling from a distance so please let us know how we can best accommodate you



