

WOMEN WELL AND WISE
Sedona
Reboot and Renew Retreat
November 5-7 2019

Itinerary



DAY ONE: Tuesday, November 5

Evening:

6:30PM

Welcome Gathering and Introductions
tea and snacks

Arroyo Roble Retreat Gathering Space (ARRGS)
100 Arroyo Roble Rd— Unit

Creating our sacred circle-
Happy Dance
Recap your year

Sleep Yoga Nidra with Reiki, essential oils, singing bowl

DAY TWO: Wednesday, November 6

8:00 AM

Tea and coffee at ARRGS

Morning:

9:00 AM to 11AM

Chakra Clearing workshop

11:30AM 12:00PM

Watercise with Laila

Free Time for lunch and personal experiences: massage, body work, shopping...

Afternoon:

2:00 PM- 4:00PM

Afternoon hike with Kurt, tuning forks and chanting

4:30 to 5:45PM

Airport Mini Mesa 5:30 sunset

- Healing meditation/ chakra reflection/ oracle cards

Evening:

7PM

Mediterranean Salad

Dreams Yet to Come.....

Closing ceremony

Day Three: Thursday, November 7

Morning:

8:00 morning Hike

Hike leaving from Arroyo Roble

- Reiki meditation

11:00AM-1:00AM

Medicine Wheel — Inner Journeys