

The Wisdom Within

Weekend Schedule

Thursday

ARRIVAL TO THE RETREAT

A light lunch, snacks, and hydrating beverages will be provided in the afternoon and ready upon your arrival.

·You will have the afternoon free to settle in, get a bite to eat, meet the other women, and enjoy the property.

4:00 PM OPENING LIGHT CERMONY

Please make sure to plan your travel day so that you arrive before the opening ceremony. Bring something white to wear.

5:30 -6:00 PM COMMUNITY ALTAR BUILDING

Please bring something small to contribute to the community altar. We will gather in the main cabin living toom for this activity.

6:00PM DINNER IN THE MAIN DINING AREA

7:30 PM YOGA NIDRA WITH TIFFANY WILKES

Relax and unwind after a day of travel. The yoga nidra session will be held in the main meeting room.



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Friday

7:30 AM MORNING SPIRITUAL PRACTICE

Breathwork followed by sun salutations on the lawn, weather permitting.

8:30 AM BREAKFAST

9:00-10:00 AM FREE TIME

You will find a list of activities for you to enjoy during your weekend stay included with this schedule.

10:00 -12:00 AM MAKE YOUR OWN WISDOM BAG

This workshop is facilitated by Marlene Purswell and will be held downstairs in the main cabin.

12:00 PM PICNIC LUNCH ON THE LAWN

12:00-2:00 PM FREE TIME

2:00 - 3:00 PM SACRED TEA CEREMONY

This workshop is facilitated by Amy Tesler and will be held in the main dining room.

3:14-4:00 PM HEART CENTERED BREATHWORK & INTUITIVE WRITING WORKSHOP

This workshop is facilitated by Kelly Bramblett and will be held in the main meeting room.

4:15-6:00 PM LEARN TO READ YOUR AKASHIC RECORDS

This workshop is facilitated by Victoria and will be held in the main meeting room.

6:00 PM DINNER IN THE MAIN DINING ROOM

8:00 PM EVENING GONG BATH



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Saturday

7:30 AM MORNING SPIRITUAL PRACTICE

Gratitude Circle + Kirtan Kiya.

8:30 AM BREAKFAST

9:00-10:00 AM FREE TIME

You will find a list of activities for you to enjoy during your weekend stay included with this schedule.

10:00 -12:00 AM MAKE YOUR OWN SMOKE WANDS

This workshop is facilitated by Marlene Purswell and will be held downstairs in the main cabin.

12:15 PM LUNCH

1:15-2:00 PM ECSTATIC DANCE

The ecstatic dance workshop will be facilitation by Andrea Hooley in the main meeting room.

2:00 - 3:00 PM FLOWER MEDICINE WORKSHOP

This workshop is facilitated by Amy Tesler and will be held in the main dining room.

4:00 - 5:30 PM SHADOW WORK FOR CLEARING INTUATIVE AND CREATIVE BLOCKS WORKSHOP

This workshop is facilitated by Kelly and will be held in the art room in the downstairs main cabin.

6:00 PM DINNER IN THE MAIN DINING ROOM

7:30 PM EVENING SISTER CIRCLE

Meet and connect with your spirit guides



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Sunday

8:00 AM BRAKFAST

9:00- 10:00 AM CLOSING CEREMONY

10:00 - 11:00 AM CHECK OUT

Free Time Activities

Free time activities are included in your weekend stay at no additional cost to you.

Hiking the surrounding area

Please be aware that we are out in nature. Be cautious of bears, mountain lions, snakes, and other wild animals in the area.

Paddleboarding, kayaking, & canoeing

There is a small lake on the property for your enjoyment. The use of paddleboards, kayaks, and canoes is included in your stay.

Frisbee Golf

Enjoy this newly built thirty-two basket frisbee golf course.

Arts & Craft Projects

Mindful creative projects will be available in the art room located downstairs in the main cabin.

Meditation & Journaling

There is plenty of room on this sprawling property to spread out and take time to process the weekend activity. There will be meditation spaces around the property for you to enjoy.

Evening Music & Bonfire 9:00 -10:00 PM Nightly

Let loose, dance, unwind, and enjoy a sweet snack next to the fire before settling in for the evening. Smores and a bonfire will be provided nightly for after-hours festivities.

