

Retreat Itinerary (Subject to Change)

 **Fall, In Balance Retreat - October 10th-12th, 2025**

Friday, October 10 — Arrive + Settle

- **3:00–4:45 pm** | Arrivals + check in to your space at Camino Ranchito
- **5:00 pm** | Introductions, Gratitude Circle, and Intention Setting with Mayra in the Yoga Barn at Ruby Retreats
- **6:00 pm** | Embodied joy and Hula Hoop Dance with Tracy in The Grove
- **7:15 pm** | Nourishing chef-prepared dinner in The Grotto

Saturday, October 11 — Root + Restore

- **7:00 am** | Gentle morning yoga with Tracy in the Yoga Barn
- **8:00 am** | Breakfast + slow morning rhythm in the Dining Hall
- **10:00 am** | Guided forest walk — connecting with the land's wisdom - meet outside at Camino Ranchito
- **11:00 am** | Herbal Tea or Cacao ceremony + *Spiritual Composting* workshop with Mayra in The Grove
- **12:00 pm** | Planting ritual — surrendering to the soil what no longer serves, in The Grotto
- **1:00 pm** | Lunch + spacious free time (rest, journal, swim, coaching sessions, or bodywork) in the Dining Hall (if you're receiving bodywork or a coaching session, we will provide the location)

- **5:30 pm** | Communal Dinner in the Dining Hall
- **7:15 pm** | Fire ceremony at Sunset Peak — setting intentions with the rising moon.
- **8:30 pm** | Yin yoga + sound bath with Tracy — deep rest and release in the Yoga Barn
- **9:45 pm** | Quiet evening connection + reflection wherever feels best

Sunday, October 12 — Integrate + Return

- **8:00 am** | Farewell Breakfast in the Dining Hall
- **9:15 am** | Partner yoga with Tracy — playful and grounding in the Yoga Barn
- **10:15 am** | Integration Circle with Mayra — weaving what we've gathered
- **11:00 am - 12:00 noon** | Departure

What's Included

- 2 nights at Ruby Retreats in Wimberley, TX
- 6 nourishing, whole food plant-based, chef-prepared meals (dairy, eggs, or cheese can be served on the side, as well as plant-based alternatives)
- Daily yoga and embodied movement with Tracy

- Hula Hoop dance session
- Guided forest walk + nature connection practices
- Herbal Tea or Cacao ceremony + *Spiritual Composting* workshop with Mayra
- Sunset fire ceremony and planting ritual. Take home your plant, with what you've surrendered, now composting into nourishment for new growth.
- Sound bath + restorative yoga
- Spacious time for rest, reflection, and community