
GIRLS WEEKEND RETREAT IN ST PETE, FL

ITINERARY – Friday 5/30 (arrival after 4PM)

Friday Night - Girls Night *IN!*

Comfy clothes, pool/beach/socialize, order IN!

(Collective groceries ordered for weekend)

5:30PM Opening Consecration & Prayer; Welcome Questionnaire

6:00PM Gratitude & Alignment Meditation; intentions/journaling

7:00PM Dinner – Order IN!

8:00PM Sunset beach viewing

After sunset MOVIE – Heal (a Gaia original documentary) & relaxed discussion

GIRLS WEEKEND RETREAT IN ST PETE, FL

ITINERARY – Saturday 5/31

Saturday Morning (Session 1 – To Change the World, we must first heal)

- 9:00AM Morning Intentions/Prayer; Check In
- 9:15AM Group Relaxation Meditation
- 9:30AM Group Energy Awareness Exercise
- 10:00AM Michelle will share a special message & speak from heart
- 11:30AM Discussion / Questions / Prayer Requests
- LUNCH (noonish) - we will aim to eat meals together, prepared together

Saturday Midday (Session 2 – Healing Trauma)

- 1:00PM Metta/Loving-Kindness Meditation (Field Trip app, 10 mins)
- 1:10PM Michelle – Lecture – Understanding limiting beliefs and personal lies; traumatic energy conversion explained
- 1:45PM Traumatic Energy Conversion - Guided group meditation exercise for energetic healing of past traumatic events YOU MAY BE TRIGGERED. It is by Purest Love and Light that we are healed and wholly restored.
- 3:30 - 6:00PM This is YOUR time to relax, rest, enjoy the private beach, pool or even take a nap!
- 3:30PM – 5:30PM Private Tarot/Oracle/One-on-one sessions available FOR PURCHASE (\$50)
- 6:00PM – 7:30PM DINNER & A MOVIE – Consciousness (Gaia)
- 8:00PM Sunset beach viewing

AFTER SUNSET Saturday Night – Empowerment Circle of the Evolutionary Woman

A powerful, uniquely designed connection ritual of energetic transformation and spiritual evolution based in elemental magick. Includes Light Body Activation meditation; Light Language initiation by Fire; and more. (Approx. 1.5-2 hours)

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ITINERARY – Sunday 6/1

Sunday Morning (Session 3)

9:00AM Spiritual Workshop – Guest (9:00-11:30am)

LUNCH (noonish) - Check In / Discussion; we will aim to eat meals together, prepared together

Sunday Midday (Session 4)

1:00PM Sound bath by Justine!

1:40PM Group guided Light Body meditation (Michelle) & Trauma Energy Conversion follow up

2:15PM Spiritual Evolution Teaching

3:30PM Discussion / Questions / Hands- on healing (final round)

4:00PM SEALING IN LIGHT AND LOVE AND HIGH TRUTH / Retreat Closing

4:30PM Dinner/Packing

6:00PM OPTIONAL – Treasure Island Drum Circle for those able or interested to attend