

Element Healing

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Breakfast	> WOOD	> FIRE	> EARTH	> METAL	> WATER	>
9am	Orientation Part II	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	
10am	Orientation Part II	The Pioneer	The Wizard	The Peacemaker	The Alchemist	The Philosopher	Leave for Airport
11pm	Overview of the Elements	Astrology body/mind health	Astrology mind/body/ health	Astrology mind/body/ health	Astrology mind/body/ health	Astrology mind/body/ health	
12pm	Lunch	>	>	>	>	>	
1pm	Astrology mind/body/ health Individual ID	Hike up to yoga camp	Hike to Red Hill	Botanical Gardens	Waihee Ridge	Energy Work Affirmations Journaling	
2pm Airport Pickup	Guided Meditation Intentions	Guided Meditation Intentions	Guided Meditation Intentions	Botanical Gardens	Waihee Ridge	Leave for Lahaina	
3pm Kanaha Beach Time	Plant a seed activity	Hike back	Hike Back	Back to camp and refresh	Back to camp and refresh	Lahaina	
4pm Incidentals Shopping	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Dinner Cruise in Lahaina	
5pm Orientation and settle in	Dinner >	>	>	>	>	>	
6pm Dinner and free time	Coaching Firesides Free time	>	>	>	>	>	

Times / events are approximate and may vary based on each unique and special experience we are gifted with