



August 19 - 21, 2022

Indianapolis, IN

---

- FRI**
- 6 pm meet + greet mocktail hour
  - 7 pm dinner
  - 9 pm intention setting
- SAT**
- 8 am breakfast
  - 9 am sharing circle
  - 10.30 am goal setting
  - 11.30 am craft activity | affirmation bags
  - 12.30 pm lunch
  - 2 pm excursion | meditation center
  - 4 pm quiet time for journaling
  - 5 pm craft activity | signature spray
  - 6 pm note to self
  - 7 pm dinner
  - 8 pm sharing circle + bowl burn
- SUN**
- 8 am breakfast
  - 9 am closing reflection
  - 10 am depart