



## **Sunday, November 17th, 2024- Immersive & Restorative Retreat Day (Ticketed Event Includes Lunch)**

**Doors open at 9:15am**

**Opening session: 10am-10:45am. (45min)**

**Sound bath and restorative yoga** with your guides **Sharon Coombs** from **Attune Wellness** and **Nate Taron** from **Cocoon Sound Healing**

**10:45 am** Welcome. (5 min)- welcome, housekeeping, announcements, prizes etc

**10:50am-11:10 (20 min)**

**Breath Work Session** Guided activating and luxurious deep resting breath practice with **Heidi Bisgaard of Living Yoga with Heidi**

**11:15- 12:15pm Heart Opener (guided visualization and therapeutic art session) (1 hr)**

Releasing attachments to expectations, disappointments, unexpected or perceived negative outcomes & perfection. This will help to identify any old stories that may be holding you back or uncover negative patterns or resentments in order to release and reframe to find the wisdom of those experiences. A way to trust and calibrate to synchronicity of life and release control. Surrender to outcomes to literally witness the magic unfold. Connect to curiosity, deeper insights and synergy and start to release control over the stories and beliefs that have been holding you back. No art experience required. With your guide **Cristina Borgogelli founder of Abundance Fair and HeART Circle**

**12:15-12:30 (15 min) Special Guest Speaker:** Artist **Caprice Hogg** will talk about her resiliency and art making as therapeutic way to process adversity and grief which has guided her life through multiple health challenges.

**12:30pm-1:30pm A lovely lunch at the long table Included with your ticket. Gather round the table in community to enjoy nourishing lunch, meaningful conversation and take a break together. Vegetarian/Vegan lunch included. Enjoy the live acoustic guitar of Don Glasrud.**

**1:30pm- 2:30pm (1 Hour) Connecting to your Intuition** with **Sharon Coombs of Attune Wellness**

**2:30pm-3:15 (45 min) Shamanic Journey- Reclaim your Hunter & Dreamer** with your guide **Sasha Bahador of Sacred Kula Yoga Studio**

Join Sasha for a transformative workshop infused with shamanic teachings guiding you through a powerful journey of self-activation. You will learn about the primal energies of your inner Hunter and dreamer: Your Hunter represents the force within that initiates action, while your Dreamer is that ancient innate, deep knowing of your authentic self and vision for your incarnation. This session will include sound activation and guided ceremony

**3:15pm-4:00 pm (45 min) Journey Home Yoga** with **Leanne Davies of Drift Yoga**

**4:00pm-4:45 pm (45 min) Jouvert Unity Dance Celebration** with **Nicole Pemberton of The Goddess Moves.** Shake it out and ground with a beautiful and soulful dance party session

**4:45pm-5:00pm(15 min) Grounding Mantra and closing**

**\*Cozy Room is adjacent to the main ballroom and is available throughout the entire day to sit out a session, process, integrate and rest as needed. This room is there for you to journal, nap or meditate.**