

SWEETGRASS

Retreats



Rebirthing Weekend Schedule

Friday

- 4:00 pm** Check in begins
- 6:00 pm** Welcome dinner
- 8:00 pm** Sacred Space Ceremony

Saturday

- 8:00-9:00 am** Gentle Yoga (optional)
- 9:00-11:30 am** Brunch available
- 12:00-1:00 pm** Q&A session (optional)
- 2:00-3:00 pm** Guided rebirthing practice
- 3:00 pm** Personal time for rest and reflection
- 6:00 pm** Dinner with group or on your own if you prefer
- 8:00-9:00 pm** Rebirthing aftercare discussion and guidance

Sunday

- 8:00-10:30 am** Continental Breakfast
- 11:00 am** Closing meditation
- 12:00 pm** Check out