

RETREAT ITINERARY PAGE 1



Day 1

2:00 PM

3:00 PM

4:00 PM

5:00 PM

7:00 PM

8:00 PM

Arrival & Attunement

Arrival

Opening Circle

Yoga

Free Time

Dinner

Fire Circle

Day 2

8:00 AM

9:00 AM

10:00 AM

3:30 PM

4:30 PM

5:30 PM

7:00 PM

8:00 PM

Earth & Memory

Yoga

Breakfast

Elephant Park Experience & Lunch

Sound Bath

Architecture of Happiness Workshop

Free time

Dinner

Smores & African Story Time around the Fire

Day 3

7:45 AM

8:00 AM

9:00 AM

10:00 AM

Water & Surrender

Light fruit & tea

The Gift of Forgiveness - A Quantum Perspective Workshop

Sound bath intergration

Full Breakfast



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11:00 AM

Free time

1:00 PM

Light snacks

2:00 PM

Free time

4:45PM

Catamaran Sunset Cruise & Ceremony

8:30PM

Dinner

9:30 PM

Free Time

Day 4

Sky & Emergence

5:30 AM

Tea & light snack

5:45 AM

Sunrise Sister Circle - Rising into Radiance

7:00 AM

Yoga

8:00 AM

Breakfast

9:00 AM

Intergrative rest & processing

A great time to enjoy your inclusive massage, ozone therapy, 1:1 coaching & 1:1 sound healing

1:00 PM

Tea & light snack

7:00 PM

Sunrise Sister Circle - Rising into Radiance

8:00 PM

Sound Bath

9:00 PM

Itinerary

Day 4

Soar

8:00 AM

Yoga

9:00 AM

Free Time

10:00 AM

Brunch

11:00 AM

Closing Circle

12:00 PM

Departure

