

Find Your Light: Journey to Authenticity

Schedule of Events

Thursday (Extra Day)

4pm: Arrive and Get Settled

5:30: Dinner

6:45: Meet Your Facilitators

7:00: Sunset Yoga

Friday

7:30am: Sunrise Yoga

8:30: Breakfast

12:30pm: Lunch

1:30 Workshop - Define Love (Optional)

4:00: Arrive and Get Settled

5:30: Dinner

6:45: Meet Your Facilitators

7:00: Guided Meditation - Intention Setting

7:30: Breathwork and Mindful Movement

Saturday

7:30am: Morning Hike

8:30: *Breakfast*

10:00: Limitless Beliefs Workshop

11:15: Integration Activity

12:30pm: *Lunch*

1:30: Break Out Groups

5:30: *Dinner (Mindfulness Activity)*

7:30: Breathwork and Mindful Movement

9:00: Burning of Limiting Beliefs

Sunday

7:30am: Sunrise Yoga

8:30: *Breakfast*

9:30: Activity

10:15: Tunnel Activity

11:00: Reflection Circle