



Habitual Rituals Wellness Retreat

Itinerary

FRIDAY, MARCH 27

Mocktail Party
Introductions & Welcome
Sacred Circle / Intention Setting / Positive Affirmations / Define Your Superpower
Welcome Dinner
“Foundations of Ayurveda & Yoga” Virtual presentation Dr. Manikyeswara Rao Konda
Pranayama
Sound bath with Margaret Hunt-Wilson

SATURDAY, MARCH 28

Morning Ritual
Breakfast
“Lifestyle Medicine” with Cate Frazier
“Music Therapy” with Jessica Liederbach
“Sound Bowl Healing” with Margaret Hunt-Wilson
“Food as Medicine” with Healthy Chef Shell
Lunch
An Afternoon of Relaxation / Sauna / Red Light Therapy / Forest Bathing
Sound bath
“Sacred Cacao Ceremony” with Iris Angelani
Dinner
“Mind + Body” with Dr. Sankalpa Bandi
Forgiveness Meditation
Fire Ceremony



SUNDAY, MARCH 29

Morning Ritual

Breakfast

Sound Bath with Margaret Hunt-Wilson

“Clean Living” with Cate Frazier

Thank you & Departure

Retreat Pricing

Rooms are Scandinavian style

Each room includes 4 beds and 1 bathroom

Quad room (4 guests): \$750/guest

Triple room (3 guests): \$785/guest

Double room (2 guests): \$825/guest

Single room (1 guest): \$900/guest

What to Bring

All activities will take place on the Bjorklunden grounds on the shores of beautiful Lake Michigan.

As weather is unpredictable and still chilly at this time, we recommend bringing along the following items to maximize your comfort during the retreat

Comfortable athleisure wear

Hat

Coat

Gloves

Warm socks

Swim suit

Yoga mat