



# Habitual Rituals Wellness Retreat

## Itinerary

### FRIDAY, MARCH 27

Mocktail Party  
“Nourishment from Soil and Sea” with Stephanie Jamieson  
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” Virtual presentation 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

“Unleashing Innate Intelligence” with Dr. Katrine Colton

“Living in Nature” with Dr. Jess Collier

“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