

Sample Schedule

(Please note, this is just a sample to give you an idea about our schedule. Nothing is set in stone & additions or subtractions will take place. Official schedule will be sent out the week of the retreat.)

***Pre Retreat Welcome night (Tuesday) 6:30-7:30Pm PST**

~What to expect, how to set up your home space, did everyone fill out forms, remember to grab groceries & final items, book massages, and Q & A

***Day 1 EXPERIENCE (Friday)5pm-9pm "Happy Hour" & Mediation:**

~Welcome/ introduction/ Go over schedule/ Network, Join in your Pajamas or comfy clothing, dress up, whatever makes you feel GOOD

~Attend with a cocktail, mocktail, or a hot tea

~This is more informal where we will mingle a little, relax and meditate, experience a brief performance, and go over last minute questions

***Day 2 EXPERIENCE (Saturday) Roughly 8:30am-9pm PST w/ breaks**

~Yoga

~ Breakfast / Refresh

~Health / Nutrition Talk/Check in

~What foods to be eating for good mood and immunity

~How to Create a sacred space at home

~Creating rituals/routines: What to set up, what makes you feel good, and decorating/ shui

~Cooking Class Raw Plant Based recipe together

~Astrology

~Relax // Free time

~Self massage/Gua Sha

~Journal questions and answers/ Write affirmations for new year/ what want to release

~8pm Cacao ceremony

~Fire dancing

***Day 3 EXPERIENCE (Sunday): 9-7:30pm**

~Yoga

~Breakfast / Refresh

~Group Goal & Intention setting

~Oils

~Lunch cooking class

~Relax

~Mindset

~Experience breath

~Meditation

~Ecstatic Dance

~Sound Healing