

Retreat Schedule

FRIDAY - 4pm arrive, find your room and settle in.
7:15-8:30pm A practice to let go and slowly arrive.

SATURDAY - Union of Mind and Body

7-8am

A gentle Qi Gong practice to start your day and awaken your mind and body.

10-12pm

Cacao Ceremony to connect to your heart guidance and an intention for your retreat.

4:30-6pm

Yoga practice to connect to your breath and unite your mind and body.

7:15-8:30pm

Deeply restorative sound healing experience to yield into stillness and relaxation.

SUNDAY - Reconnect to Source

7-8am

A soulful yoga session to inspire you to rise up into your fullness.

10-12pm

A dance/embodyed movement exploration to open to life.

4:30-6pm

Soulful songs and sound healing with Kirtan / Chanting in the Sanctuary.

7:45-8:30pm

A guided relaxation practice to release and renew.

MONDAY - Inner World Meets Outer World

7-8am

Gentle yoga to explore easeful transition between your inner and outer world.

10-12pm

Closing sharing circle and resources to take home with you.

Meals & Other Resources

Bfast: 8-9am, Lunch: 1-2pm, Dinner: 6-7pm
Use of yoga mats & equipment for personal use at any time. Private sauna bookings & massage appointments available.

Places you might like to explore:

The mountain path and crystal on the summit - approx 1 hour walk
The Sanctuary and Labyrinth - approx 25 min walk
The Waterfall path - approx 1 hour walk
The meditation platform - approx 3 min walk