
RETREAT

SCHEDULE



8 – 11 AM

Daily Practices of Meditation, Tea Ceremony, Creative Writing and Conscious Movement *to build inner–stability, body awareness and presence.*

11 – 1 PM

Farm to Table Brunch and Free Time *to explore, swim and integrate.*

1 – 3 PM

Daily Workshops *to question old belief–systems and expand awareness like our signature Inner Child process.*

3 – 4 PM

Tea Time

4 – 6 PM

Daily Embodiment Practices and Rituals *to integrate knowledge in your body and access deeply transformative states.*

7 PM

Farm to Table Dinner and *Sensual Food Experiences*

8 PM

Stargazing, *Fire Circles* and Community
