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# RETREAT

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# SCHEDULE

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- 8 – 11 AM Daily Practices of Embodiment, Tea Ceremony, Creative Writing, Silence & Dance *to build inner–stability, and access deeply creative states.*
  - 11 – 1 PM Farm to Table Brunch & Free Time *to explore, swim & integrate*
  - 1 – 3 PM Creative Deep *Dive Circles*
  - 3 – 4 PM Tea Time
  - 4 – 6 PM Creative Deep *Dive Circles*
  - 7 PM Farm to Table Dinner and *Sensual Food Experiences*
  - 8 PM Ceremonies & *Improvisation Play*
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