

Retreat Schedule

Fri.

6 PM- Arrive and choose bed. Eat, Relax, Explore and get to know each other.

8 PM- Opening: A guided meditation to help us focus on our personal goals & identify our spiritual gifts. We will create the experience together as a group.

Sat.

6:30 AM- Sunrise Meditation & Yoga: This is Zen Yoga designed to gently get us ready for the day ahead. Out on the deck if the weather permits.

7:30AM-Breakfast

9 AM- Connecting with your spiritual gifts. We will also start a collaborative painting and work on it throughout the day.

12 Noon- Lunch

1 PM- Nature Walks, Free time: We can go to the creek or around the farm to explore or you can have some time to yourself. You choose.

3 PM-Learning to channel energy.

6 PM- Sunset Meditation: Focus will be on the Chakra system.

6:30 PM- Dinner

8 PM- Exploring our intuition: We will use tools to help us connect with our intuition. Tarot, drums, crystals or pendulums are some of our choices.

Sun.

6:30 AM- Sunrise Meditation & Yoga

7:30 AM- Breakfast

9 AM- Closing: We discuss the weekend & what we each experienced.

10:30 AM- Pack up.

11 AM- Check-out

What to Bring: Comfy clothes, PJ's, hygiene products, yoga mat, walking shoes. If you choose to, you can bring your own soda, beer or wine to drink.

Menu

Antipasto

Friday 6:00 PM

Deli meats Cheeses Artisan bread Raw Veggies Fresh Fruit
 Hummus Dip Cracker Chocolates

Continental Breakfast

Sat. 7:30 AM

Granola Yogurt Fruit Tray Toast Avocado Muffins
 Boiled Eggs Milk Juice

Make your own Salad

Sat. 12 Noon

Artisan Lettuces Raw Veggies Deli Meat Cheese Nuts
Fruit Dressing Bread Ice cream Ice Cream topping

Make your own Mexican Bowls

Sat. 6:30 PM

Black Beans Rice Grilled Chicken Cheese Lettuce
Pico Avocados Sour Cream Corn Tortilla Chips Cookies

Continental Breakfast

Sun. 7:30 AM

Granola Yogurt Fruit Tray Toast Avocado Muffins
 Boiled Eggs Milk Juice

Available All Day Bottled Water Tea Coffee Snacks