

Retreat Agenda

Day 1

Welcoming reception

Dinner and retreat orientation

Opening sister circle ceremony

Day 2

Sunrise Yoga

Breakfast

Workshop: Sister Circle with Morning Intuitive Soul Painting

Lunch

Workshop: Afternoon Intuitive Soul Painting

Dinner

Evening activity: Sister Circle with Conscious dance

Day 3

Sunrise Yoga

Breakfast

Workshop: Sister Circle with Mind, body, spirit sacred ritual practices

Lunch

Workshop: Relating to the natural world

Dinner

Evening activity: Sister Circle with Guided meditation and Reiki

Day 4

Sunrise Yoga

Breakfast

Closing sister circle ceremony

Lunch and Departure

*Agenda may fluctuate