

### **3 Day Retreat Sample Schedule**

#### **THURSDAY**

4pm and after: Check In

5:30pm: Welcome circle & cocktail reception

6:30pm: Somatic Meditation Workshop

7:30pm: Dinner

Post Dinner: Sentient Language & Workshop Review Group Presentation

#### **FRIDAY**

7:30am-8:30am: Come & Go Breakfast

8am: Stress Reduction & Plant Medicine workshop

9:30am: Break

10:00am: Workshops in small groups

11:30am: Workshops in small groups

1pm-3pm: Free time (trail rides, relaxing & ice baths)

3:30pm: Workshops in small groups

5pm: Workshops in small groups

7pm Dinner

Post dinner: Cacao ceremony

#### **SATURDAY**

7:30am-8:30am: Come & Go Breakfast

8:30am: Workshops in small groups

10:00am: Break

10:30am: Workshops in small groups

12:00pm-3:00pm: free time (trail rides, relaxing & ice baths)

3:30pm: Workshops in small groups

5pm: Workshops in small groups

7pm: Sound bath

8pm: Dinner

Post dinner: Bonfire & fire ceremony

#### **SUNDAY**

9am Farewell horse connection meditation

10:30 am champagne brunch

12 pm check out

## **4 Day Retreat Sample Schedule**

### **WEDNESDAY**

4pm and after: Check In

5:30pm: Welcome circle & cocktail reception

6:30pm: Somatic Meditation Workshop

7:30pm: Dinner

Post Dinner: Sentient Language & Workshop Review Group Presentation

### **THURSDAY**

7:30am-8:30am: Come & Go Breakfast

8am: Stress Reduction & Plant Medicine workshop

9:30am: Break

10:00am: Workshops in small groups

11:30am: Workshops in small groups

1pm-3pm: Free time (trail rides, relaxing & ice baths)

3:30pm: Workshops in small groups

5pm: Workshops in small groups

7pm Dinner

Post dinner: Cacao ceremony

### **FRIDAY**

7:30am-8:30am: Come & Go Breakfast

8:30am: Workshops in small groups

10:00am: Break

10:30am: Workshops in small groups

12:00pm-3:00pm: free time (trail rides, relaxing & ice baths)

3:30pm: Workshops in small groups

5pm: Workshops in small groups

7pm: Dinner

Post dinner: Bonfire & fire ceremony

### **SATURDAY**

7:30am-8:30am: Come & Go Breakfast

8:30am: Workshops in small groups

10:00am: Break

10:30am: Workshops in small groups

12:00pm-3:00pm: free time (trail rides, relaxing & ice baths)

3:30pm: Workshops in small groups

5pm: Workshops in small groups

7pm: Sound Bath

8pm: dinner

Post dinner: Bonfire

### **SUNDAY**

9am Farewell horse connection meditation

10:30 am champagne brunch

12 pm check out