

Fall Goddess Retreat Schedule Nov. 11-14th, 2021

(Itinerary is subject to changes)

(Sessions weave movement, breathwork, meditations, song, journaling and group sharing.)

Thursday

Check-In/Arrival 2:00pm-3:00pm

Opening Ceremony 3:30-4:30pm

Root / Gaia / Reclaiming the Earth Temple of the Body 4:30-6:00pm

Dinner 6:15-7:15pm

Foot Baths and Sound Healing / Winding Down for Sleep 7:45-9:30pm

Friday

Silent Meditation and Stretching (self-led) 8:00-8:30am

Light Breakfast 8:30-9:00am

Sharing Circle 9:00am-9:30am

Sacral / Oshun / Renew our Ability to Sense and Replenish 9:30-11:00am

Bunch 11:30-12:30pm

Break 12:30pm-3:00pm

Solar Plexus / Pele / Finding our Fire and Reclaiming our Boundaries 3:00-4:45pm

Break 4:45-5:45pm

Dinner 5:45-6:45pm

Heart / Kwan Yin / Softening into Self-Compassion 7:15-9:00pm

Saturday

Silent Meditation and Stretching (self-led) 8:00-8:30am

Light Breakfast 8:30-9:00am

Sharing Circle 9:00-9:30am

Throat / Saraswati / Song and Speaking our Truth 9:30-11:00am

Brunch 11:30am-12:30pm

Break 12:30-3:00pm

3rd Eye / Hecate / Deepening into Intuition 3:00-4:45pm

Break 4:45-5:45pm

Dinner 5:45-6:45pm

Creative Project and Celebration 7:15-9:00pm

Sunday

Light Breakfast 8:30-9:00am

Restorative Yoga 9:00-10:15am

Tea Circle 10:30-11:30am

Crown / Shakti / Opening to Cosmic Unity 11:30am-12:30pm

Closing Ceremony 12:30-1:00pm

Lunch 1:00-2:00pm

Departure is btw 2:00-5:00pm (Please take your time to Integrate on your way back home!)