

## Fall Goddess Retreat Schedule

### **Thursday**

- 2:00-3:00pm **Check-In/Arrival**
- 3:30-4:30pm **Opening Ceremony**
- 4:30-6:00pm **Root ~ Gaia / Reclaiming the Temple of the Body and Letting Go Fearful Tension**
- 6:15-7:15pm **Dinner**
- 7:45-9:30pm **Foot Baths and Sound Healing / Winding Down for Sleep**

### **Friday**

- 8:00-9:00am **Light Breakfast**
- 9:00-9:45am **Sharing Circle**
- 10:00-11:30am **Sacral ~ Oshun / Releasing into Sacred Sensuality and Flow**
- 12:00-1:00pm **Lunch**
- 1:30-3:00pm **Solar Plexus ~ Artemis / Igniting Self-Worth and Discovering our Boundaries**
- 3:00-6:00pm **Break**
- 6:00-7:00pm **Dinner**
- 7:30-9:00pm **Heart ~ Kwan Yin / Softening into Self-Compassion and Compassion**

### **Saturday**

- 8:00-9:00am **Light Breakfast**
- 9:00-9:45am **Sharing Circle**
- 10:00-11:30am **Throat ~ Saraswati / Opening our Voices and Authentic Selves**
- 12:00-1:00pm **Lunch**
- 1:30-3:00pm **3rd Eye ~ Hecate / Deepening into Intuition to See Through our Shadows**
- 3:00-6:00pm **Break**
- 6:00-7:00pm **Dinner**
- 7:30-10:30pm **Crown ~ Shakti / Expanding into Cosmic Unity - Goddess PARTY!**

### **Sunday**

- 8:00-9:00am **Light Breakfast**
- 9:00-10:30am **Restorative Yoga**
- 10:45am-12:45pm **Sharing Circle, Journal and Feedback Form**
- 12:45-1:15pm **Closing Ceremony**
- 1:15-2:00pm **Lunch**
- 2:00-3:30pm **Departure (Please take your time for a healthier transition back home)**

