

Schedule

Day 1 Evening

4:00 Arrival / Meet and Greet
 6:00 Dinner
 7:00 Guided Breathing /
 Meditation
 7:30 Intention Setting

Day 2 Morning

8:00 Guided Meditation &
 Movement
 9:30 Establishing Awareness
 10:30 Mind-Body Connection
 11:30 Neuroscience of the Heart
 12:30 Sensory Lab: Heart / Mind
 Coherence

Day 2 Afternoon

1:15 Lunch
 2:30 Grounding in Nature
 4:00 Disrupt Depression with Curiosity
 5:00 Removing our Armor
 6:30 Inner Child Meditation

Day 2 Evening

7:15 Dinner
 8:30 Hot Tub / Sauna

Day 3 Morning

8:00 Sound Healing
 9:30 Expanding on Strengths
 (VIA Strengths Assessment)
 11:30 Cultivating Intuition & Creativity

Day 3 Afternoon

1:15 Lunch
 2:30 Resiliency Visualization
 4:00 Elevated Emotion + Intention=
 Manifestation
 5:00 Leveraging the Quantum Field
 6:00 Sensory Lab: Self Havening

Day 3 Evening

7:15 Dinner
 8:30 Hot Tub / Sauna

Day 4 Morning

8:30 Guided Meditation & Breathwork
 10:00 Deepening Connections
 11:00 Purpose & Meaning (Ikigai)
 12:00 Manifestation Visualization
 1:15 Lunch / Closing Intentions

