



**Key code**

Meal time

Indoor sessions

Outdoor sessions – weather permitting

**Saturday, September 18**

9:00 – 9:30a Arrival + Check in

9:45 – 10:00a Welcome

10:00 – 10:45a Introductions

11:00 – 12:00p Good Soul Nutrition with Nicole Ryan

12:15 – 1:15p Lunch + Community

1:15 – 3:00p Shinrin Yoku (aka Forest Bathing) with Courtney Martinelli

3:15p – 4:15p How to Bring Light to Your Shadow with Ann Wehener

4:30 – 5:30p Dinner + Community

5:30 – 6:30p Evening Session with Ted Senf

6:45 – 7:15p Tribe Activity with Heather Baur

7:45 – 9:00p Sound Therapy Presentation + Experience with Auburn Juliano-Hercheck

**Sunday, September 19**

7:30 – 8:00a Early Bird Meditation with Heather Baur (weather permitting)

8:15 – 9:15a Morning Yoga (All-Levels) with Heather Baur

9:30 – 10:15a Breakfast

10:30 – 12:00p Healing + Reiki Infused Art with Rachel Eastwood

12:15 – 1:15p Lunch + Community

1:30 – 2:30p Sacred Chanting and Drum Circle

3:15 – 4:15p Afternoon Session with Ted Senf

4:15p Retreat wrap-up

4:30 Departures