

IGNITE A NEW YOU

WOMEN'S RETREAT

DAY ONE

DINNER AND ICEBREAKER
REFLECTION AND INTRODUCTION
GROUNDING YIN YOGA
QUIET HOURS

DAY TWO

NERVOUS SYSTEM REST YOGA
BREAKFAST
MEDITATION/GROUNDING
MORNING SESSION
JOURNAL/PERSONAL REFLECTION
LUNCH
AFTERNOON SESSION I
JOURNAL/PERSONAL REFLECTION
AFTERNOON SESSION II
JOURNAL/PERSONAL REFLECTION
BREAK
DINNER
SOUND HEALING JOURNEY
QUIET HOURS

IGNITE A NEW YOU

WOMEN'S RETREAT

DAY THREE

MORNING YOGA
BREAKFAST
MEDITATION/GROUNDING
MORNING SESSION
LUNCH
AFTERNOON SESSION I
JOURNAL/PERSONAL REFLECTION
BREAK
EMPOWERMENT PROJECT
PRIVATE CONSULTATIONS
BREAK
DINNER
FIRE BURNING CEREMONY
QUIET HOURS

DAY FOUR

MORNING MOVEMENT
BREAKFAST
REFLECTIONS
CLOSING