

April 27-29th



Retreat Schedule:

Friday

4:00-6:00pm Check-in time

6:00-6:45pm Welcome - *Light* Vegan **Dinner**

7:00-8:00pm Program **Start:** Opening Sacred Circle / Welcome / Meet & Greet / Intention Setting

8:00-8:45pm Candlelight Yoga & Wind Down with **Laura Campbell**

8:45pm Optional: Bonfire & Star Gazing Meditation/Social/Inspirational Movie

Saturday

7:00-7:45am Sunrise Yoga with **Vita**

8:00-9:00am Vegan **Breakfast** / Fresh Smoothie / Juice

9:00-10:30am **Soul-Session** ~ Mindfulness: Journaling Workshop ~

'Open up to Receive & Get in the Flow' ~ Activity: Journaling/Mindful Colouring

10:30-11:15am Mindfulness Meditation - Silent Group Walk - (45mins)

11:15-12:00pm **Free** Time / Reflection / Journaling / Connection

12:00-1:00pm Vegan **Lunch** / Social

1:15-2:15pm Outdoor Yoga with **Laura**

2:15pm Healthy SNACK

2:30-3:30pm **Soul-Session** ~ Embrace You / Interactive Soul-Inspired Group Exercises
(*Love Yourself Happy*)

3:30-4:45pm 'Loving Your Body in the Raw' ~ Health & Wellness Workshop ~ with **Gillian Purkiss**

4:45-5:30pm **Free** Time / Self Reflection / Nature Hike - (30 mins)

5:30-6:00pm Group Dinner Preparation with **Gillian Purkiss**

6:00-6:45pm Fresh Vegan **Dinner**

6:45-7:15pm **Free time** / Down time

7:15-8:15pm Crystal Bowl Chakra Balancing Candlelight Meditation with **Jenn Prothero**

8:15-8:45pm Sacred Closing Circle

8:45pm Optional: Bonfire / Social / Inspirational Movie / Glow Dance Party

Sunday

7:00-7:45am Sunrise Yoga with **Vita**

8:00-9:00am Vegan **Breakfast** / Fresh Juice / Coffee & Tea Time / Social

9:00-10:45am Discover Your Self-Portrait” Art Healing Workshop with ***Kathryn Kaiser***

10:45-11:30am Finish up Art piece / **Free** Time -Finish Pack-up / Nature Walk / Reflection / Mindfulness Activities: colouring, walking, journaling etc (45 mins)

11:30-12:15pm Fresh Vegan **Lunch**

12:15-12:45 **Free** Time / Pack up / Nature Walk / Reflection / Mindfulness Activities: colouring, walking, journaling etc (30 mins)

12:45-1:30am **Soul-Activating Activity** ~ Self Love Activity ~ Love Letter to self ~ (Self Love Meditation – Louise Hay)

1:30pm Healthy Snack

1:45-2:00pm **Soul-Session** ~ Soulicious Living ~ “Live an Inspired Life” / Wrap Up Activity

2:15-3:00pm Closing Circle & Meditation

3:00pm **Program Ends**

All activities indoor/outdoor ~ weather & bugs permitting



Live a SOUL INSPIRED LIFE!