

DAY 1

5-7 PM

Group Icebreaker

-

Embodiment Activity

-

Breathwork for Grounding

-

Establishing Consent

7 PM

Dinner

8-10 PM

Opening Ceremony

-

Mandala Creation

-

Dedication Statements

DAY 2

7-8 AM Morning Meditation & Movement

8-9 AM Breakfast

9-11 AM Group Field: Identifying Blockages

11-12 PM Hypnotic Journey Within

1 PM Lunch

1-3 PM Freetime

3-5 PM Group Field: Working with Fear

5-6 PM Somatic Movement

7 PM Dinner

8-10 PM Meaning of Surrender
Workshop
-
Ceremonial Surrender of
Technology for 36 Hours
-
Bedtime Yoga Nidra

DAY 3

7-8 AM Kundalini Session: Perseverance

8-9 AM Breakfast

9-11 AM Group Field: Shadow Work

11-12 PM Small Group Breakout Session

1 PM Lunch

1-3 PM Freetime

3-5 PM Start of Ceremonial Silence
-
Elemental Chakra Meditation

7 PM Fruit & Herbal Tea

8-10 PM Cacao & Blue Lotus Ceremony
-
Breathwork Journey

DAY 4

7-8 AM Morning Meditation

8-9 AM Breakfast

9-11 AM Silent Hike or Forest Bath

11-12 PM Soul Mapping Creative Art

1 PM Lunch

1-3 PM Freetime

3-5 PM Om Chanting
-
Ceremonial Breaking of the
Silence

7 PM Dinner

8-10 PM Group Field: Share Circle
-
Ecstatic Dance

DAY 5

7-8 AM

Morning Guided Meditation

8-9 AM

Breakfast

9-11 AM

Group Field: Integration

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Closing Ceremony

1 PM

Lunch

Departure

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*Some participants may stay
for optional add-ons, spa treatments
or integration time*