

SCHEDULE

RETREAT WELLNESS & SOUL

DAY 1

4:00 PM - Opening Circle  
6:00 PM - Dinner  
freetime

DAY 2

8:00-9:30 AM - Female Embodiment  
9:30 am - Breakfast  
freetime  
1:00 pm - Lunch  
Afternoon - Free time  
6:00 pm - Dinner  
7:30-9:30 / 10:00 pm - Evening Ritual

DAY 3

freetime  
9:30 am - Breakfast  
11:00 am-12:00 pm - Session  
1:00 pm - Lunch  
freetime  
6:00 pm - Dinner  
7:30-9:30 / 10:00 pm - Evening Ritual

DAY 4

8:00-9:30 am - Female Embodiment  
9:30 am - Breakfast  
1:00 am-12:00 pm - Session

1:00 pm - Lunch

Afternoon - Free time

6:00 pm - Dinner

freetime

DAY 5

9:00 am - Breakfast  
10:00 am-1:00 pm - Pilgrimage to the Heraion  
Temple  
1:00 pm - Lunch  
Afternoon - Free time  
6:00 pm - Dinner  
freetime

DAY 6

8:00-9:30 am - Female Embodiment  
9:30 am - Breakfast  
freetime  
1:00 pm - Lunch  
Afternoon - Free time  
6:00 pm - Dinner  
7:30-9:30 / 10:00 pm - Evening Ritual

DAY 7

9:30 am - Breakfast  
11:00 am-12:30 pm - Closing Circle  
Afterwards - Free time & Integration