

SCHEDULE

RETREAT WELLNESS & SOUL

DAY 1

4:00-6:30 PM | OPENING &
WOMEN CIRCLE RITUAL
Arriving in the body, nervous
system regulation, building
trust

7:00 PM | COMMUNAL DINNER

DAY 2

8:15-9:30 AM | FEMALE EMBODIMENT

9:30-11:00 AM | LATE BREAKFAST

1:00 PM | LUNCH (OPTIONAL)

4:00-6:30 PM | RITUAL SESSION
Feminine Presence & Embodied
Self-Trust, Nervous System
Regulation, Reclaiming
Femininity & Feminine Flow

7:00 PM | COMMUNAL DINNER

DAY 3

8:15-9:30 AM | FEMALE EMBODIMENT

9:30-11:00 AM | LATE BREAKFAST

1:00 PM | LUNCH (OPTIONAL)

6:00 PM | COMMUNAL DINNER

7:30-9:30 PM | EVENING RITUAL:
Cleansing & Blessing Water
Ritual at Spa Area

DAY 4

7:30-9:30 AM | SACRED SUNRISE
RITUAL AT THE BEACH

10:00-11:00 AM | BRUNCH

1:00 PM | LUNCH (OPTIONAL)

4:00-6:30 PM | FEMININE
SOVEREIGNTY & WISDOM RITUAL

7:00 PM | COMMUNAL DINNER

DAY 5

9:00 AM | BREAKFAST

10:00 AM - 1:00 PM | PILGRIMAGE
TO THE HERAION TEMPLE

1:00 PM | LUNCH (OPTIONAL)

6:00 PM | COMMUNAL DINNER

7:30-9:30 | EVENING RITUAL
feminine, Sensuality &
Surrender

DAY 6

8:15-9:30 AM | FEMALE EMBODIMENT

9:30-11:00 AM | LATE BREAKFAST

1:00 PM | LUNCH (OPTIONAL)

6:00 PM | COMMUNAL DINNER

7:30-9:30 PM | EVENING RITUAL
Cacao Ceremony & Sacred Sensual
Movement

DAY 7

9:30 AM | BREAKFAST

11:00 AM - 12:30 PM | FEMININE
EMBODIMENT & CLOSING RITUAL

The moments between sessions are just as important as the sessions themselves. Use this time to rest, reflect, enjoy the place, or simply be. Spa treatments are available for those who wish to deepen the feeling of ease and restoration.
