Soulful Renewal Retreat Itinerary

Friday Evening, September 20th

4 PM - Arrival and Check-in

Settle into your accommodations and take some time to relax and immerse in property.

4- 5:15 PM Unwind with a Massage or Reflexology Session

5:30- 6:30 PM - Yoga on the Viewing Station and Intention Setting

Gather with other participants and the retreat leader to set intentions for the weekend. All Levels gentle yoga during sunset to start relaxing.

6:45- 8PM - Small Plate Tapas Dinner by Chef Zak and Duke's Alehouse with Locally Grown

8:30 PM Evening Sound Bath with Lori Lea

Begin the retreat with a soothing sound bath with Lori to help release tension and prepare for restful sleep.

9:30 pm- Free time to relax under the stars or by the fire.

Saturday, September 21st

7:00 AM - Begin your morning with Sunrise Meditation or Breathwork *(on your own)*

Start the day with meditation and breath-work to awaken and energize.

7:30- 8:30 AM - Breakfast Enjoy a light, continental healthy breakfast with farm fresh eggs, local makers baked breads, muffins, and jams.

8:30 AM - 9:15 AM Linda Bruce Equine Gestalt Fairy Forest Visualization and Meditation exercise

9:15- 10 am Morning Yoga with the Herd-Pasture Deck

10:00 to 12:15 Equine Gestalt (Held in the Arena in case of inclement weather)

12:30 PM - 1:15 PM Lunch and Learn Benefits of Seasonal Eating with Dr. Swati Mhaske

1:30 PM - 3:30 Free Time/Reflection

Personal time to explore the Labyrinth, Fairy Forest, journal, meditate, or simply enjoy and immerse in nature.

<u>Enhancements</u>: Choose to add on a relaxing service with guest practitioners

Massage or Reflexology with Licensed Massage Therapist and Spa Practitioner Lynille Steffenhagen

Or

Private Equine Gestalt Session with Linda Bruce

Or

Ayurvedic Pulse and Tongue Reading with Dr. Swati Mhaske

Swati will be offering these 20 mins sessions at the retreat for a quick guidance on how Ayurveda can help with the imbalances as well as quick tips that may help in healing your body and mind.

3:30 PM - 5:00 PM Sound Healing Workshop with Lori Lea

Experiential and Q/A Session Lori will also be available for personal sessions.

6:30 PM - Cocktails - Mocktails

7 PM Harvest Dinner

Celebrate coming together for THE HARVEST MEAL

8:30 PM - Fire-Side Chat-
Circle around the Fire under the Stars (weather permitting, otherwise in Barn Loft)
A group circle to share experiences and deepen connections .

<u>Sunday, September 22nd</u>

7-8 AM - Forest Bathing (optional) Fairy Forest -Practice Shinrin-Yoku (forest bathing) to deeply connect with nature and find peace.

8-9 Light Breakfast Offering/Fresh Juice, Muffins, etc/

9-10:30 AM Equinox Yoga, Meditation, and Mimosas

10:30 AM -Brunch Light- Libation to Celebrate the New Season

11:00-11:30 AM Check-Out