

## 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.**

**Enhancements: 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 .**

**Sunday, September 22nd**

**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**