Silence in the Pines ~ Retreat Itinerary

**FRIDAY**

5:00PM ~ 6:30PM

Guest Arrival & Settle In

6:30PM ~ 7:30PM

Tea & Snacks

7:30PM ~ 10:00PM

Welcome

Introductions & Circle Check-in

Announcements, General Information

Intention Setting

Angel Cards

Healing Circle

Meditation Journey into Silence

**SATURDAY**

8:00AM ~ 9:00AM

Breakfast

9:15AM ~ 10:15AM

Gentle Yoga

10:30AM ~ 12:00 NOON

Forest Bathing & Healing with the Trees

12:30PM ~ 1:30PM

Lunch

2:00PM ~ 6:00PM

Free Time & Healing Sessions ($)

6:00PM ~ 7:00PM

Dinner

7:30PM ~ 9:30PM

Campfire Circle

Birch Bark Release & Manifestation

New Moon Ceremony

**SUNDAY**

8:00AM ~ 9:00AM

Breakfast

9:15AM ~ 10:15AM

Gentle Yoga

10:30AM ~ 12:30PM

Meditation Journey out of Silence

Circle Check-in & Share

12:30PM ~ 1:30PM

Lunch

1:30 ~ 2:30PM

Final Announcements

Group Photo