

Schedule

THURSDAY 29TH

4:00PM – Welcome Ceremony &
Introduction

5:00 PM – Yoga Session & Connecting with
The Earth Element: Pachamama.

7:30 PM – Dinner

FRIDAY 1ST

Air Element & Ether

8:00AM – Morning Yoga

10:00AM – Breakfast

11:00AM – Workshop: *The Air Element and
its connection to our creative power &
on the ether element and its connection to
space and consciousness inside the
feminine.*

1:00PM – Lunch

Free Time

4:00PM – Light Snack

6:00PM – Yoga Nidra with Sound Bath

8:00PM – Dinner

Schedule

SATURDAY 2ND

Water & Fire Element

8:00AM – Morning Yoga

10:00AM – Breakfast

11:00AM – Workshop: *The water element & its connection to our womb space, emotions and intuition, followed by trip to water pools (womb healing).*

1:00PM – Lunch

Free Time

4:00PM – Light Snack

5:30 PM – Workshop: *Fire element & its connection to our body and transformation.*

6:30 PM – Cacao & Movement Fire Ceremony

8:00 PM – Dinner

Schedule

SUNDAY 3RD

Our final morning together will be spent reflecting on our experiences and setting intentions for how we can carry what we've learned back into our daily lives. We will conclude with an invigorating yoga flow, celebratory breakfast and farewell to our fellow retreat participants.

7:00 AM - Yoga & Closing Circle

9:00 AM - Platonic Table Breakfast