



ReAlign and Thrive: Elevate into Your Higher Octave of Life Itinerary

Note: This itinerary is fluid and will be adjusted to flow with the process, needs and energy of the facilitators and group.

Wednesday, October 26th

- 4:30 - 5:00 pm: Arrival, Home Tour, and Welcome
- 5:30 - 6:30 pm: Introductions, Sacred Blessing, and Nourishment
- 7:00 - 9:00 pm: Opening the Portal of Possibilities - Ceremony of Intention Setting and Celestial Meditation

*Sweet Dreams

Thursday, October 27th

- 7:30 - 8:30 am: Creation of Nature's Mandala - A Moving Meditation of Oneness
 - 9:00 - 10:00 am: Break the Fast with Nurturing Delights and Connection
 - 10:00 - 11:30 am: Awaken the Wholeness Within - Embodied Wisdom from Nature's Embrace
 - 11:30 am - 12:30 pm: Sacred Gazing; Witnessing and Self-Reflection
 - 1:00 - 2:00 pm: Communion and Nourishment of Body and Soul
 - 2:15 - 4:30 pm: Revelatory Unveiling; Your Inner Radiance
 - 4:30 - 5:30 pm: Creating Your Divine Symphony - Personal Time for Connection and Reflection
 - 5:45 - 7:00 pm: Enriching Dinner to Sustain Your Journey
 - 7:00 - 8:30 pm: Harmonic Convergence - A Group Activity to Resonate with Cosmic Essence ●
 - 8:30 - 10:00 pm: Igniting the Sacred Fire - Embrace the Flame of Intuitive Wisdom and Higher Octave Insights; Gather around the sacred fire, where the whispers of the cosmos dance with the crackling embers that ignite soulful sharing and the expressed Mystic wisdom that emerges, elevating our collective consciousness
- *Sweet Dreams

Friday, October 28th

- 8:00 - 8:45 am: Morning Sojourn of the Senses - A Sensory Walk and Celestial Yoga (weather permitting)
 - 9:00 - 10:00 am: Break the Fast with Nourishment and Heartfelt Connections
 - 10:00 - 11:00 am: Words of Nature - Embrace the Pen of your Soul in Communion with Earth's Wisdom
 - 11:30 am - 1:00 pm: Gaze Into Your Reflection - Sacred Witnessing and Self-Reflection
 - 1:00 - 2:30 pm: Feast of Abundance - A Time for Nourishing Body and Spirit
 - 2:30 - 4:30 pm: Guided Alchemy - Masterful Processes for Transformation
 - 4:30 - 6:00 pm: Personal Sanctum - Embrace the Stillness Within
 - 6:00 - 7:30 pm: Dinner Infused with Love and Sustenance
 - 7:30 - 9:00 pm: Resonating with Your Inner Brilliance - A Group (Surprise) Activity to Elevate Your Life's Octave
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Saturday, October 29th

- 8:00 - 9:00 am: Morning Asana Serenade - Yoga as a Melody of the Soul
- 9:00 - 10:00 am: Break the Fast with Nourishing Offerings
- 10:00 - 11:30 am: Dance with the Rhythms of the Cosmos - Natural Movements of Grace and Harmony
- 11:30 am - 1:00 pm: Gaze Into Your Reflection - Sacred Witnessing and Self-Reflection
- 1:00 - 2:30 pm: Feast of Sustenance - Communion with Gaia's Gifts
- 2:30 - 4:30 pm: Guided Alchemy - Transformative Processes that Reshape Your Being
- 4:30 - 6:00 pm: Personal Time for Integration and Inner Exploration

- 6:00 - 7:30 pm: Dinner to Nourish Body and Spirit
 - 7:30 - 9:00 pm: Elevating Your Life to a Higher Octave - A Group Activity to Expand Joy and Fulfillment
- *Sweet Dreams

Sunday, October 30th

- 8:00 - 9:00 am: Closing Nature Mandala Ceremony
- 9:00 - 10:00 am: Breakfast
- 10:00 - 10:30 am: Closing Ceremony and Integration (Reflect on the journey, share insights, and integrate the experiences into daily life)
- 10:30 - 11:30 am: Pack, tidy up and Journey Home