

SCHEDULE

RESET ONE DAY RETREAT

FRIDAY EVENING

3:00PM - Check In for TEAM

5:00PM - Check In for Attendees

Quiet Hours - 10:00PM - 6:00AM

NOTE: No food/drinks will be provided this day.

MORNING

8:00AM - Check-In and BREAKFAST

8:30AM - Welcome and Introduction

8:45AM - Morning Tea Ceremony

9:00AM - Assessment, Wheel of Life, Mission Statement, Why, Design Your Life Plan
Intention Setting

10:30AM - Sacred Sound Healing

11:00AM - Bodywork - Vinyasa Yoga

20 MINUTE BREAK

AFTERNOON

12:00PM - 10 Hand Massages and LUNCH / Downtime

2:00PM - Sacred Blue Clay Mud Bath

2:30PM - Walk to Lake

2:45PM - Intro to Wim Hof / Breathwork Cold Plunge in Lake

3:00PM - Meditative Hike to Chief Labyrinth Meditation Circle

3:40PM - Intro to Sensual Awakening

4:40PM - Intro to Erotic Blueprint Workshop

20 MINUTE BREAK

EVENING

6:00PM - Integrative Journaling Workshop with Aromatherapy

6:40PM - Cacao Ceremony

7:00PM - Farewell Feast

8:00PM - Ecstatic Dancing, Fire Dancing, Tribal Drumming

9:00PM - Farewell. Everyone is welcome to camp for the night.

Quiet Hours - 10:00PM - 6:00AM

SUNDAY MORNING

12:00PM - Check Out

NOTE: No food/drinks will be provided this day.