



Friday - June 30th

- 4pm-5pm** Registration
- 5:00-6:30** Welcome Event
- 6:30-8:00** Dinner & Games

Saturday - July 1st

- 8am-8:30** Meditation & Cacao
- 8:45-9:30** Movement
- 9:30-10:30** BREAKFAST
- 10:30-1:00** Activation
- 1:00-2:30** LUNCH
- 2:30-4:00** Activation
- 4:00-4:30** Break
- 4:30-6:30** Integration Circle
- 6:30-7:30** DINNER
- 7:30-8:30** Sound Healing

Sunday - July 2nd

- 8am-8:30** Meditation & Cacao
- 8:45-9:30** Movement
- 9:30-10:30** BREAKFAST
- 10:40-11:45** Activation
- 11:45-12:00** BREAK
- 12:00-1:00** Activation
- 1:00-2:30** LUNCH
- 2:30-4:00** Activation
- 4:00-4:30** Break
- 4:30-6:00** Integration Circle
- 6:30-7:30** DINNER
- 7:45-8:30** Yin Yoga

Monday - July 3rd

- 8:00-9:00** Morning Ocean dip
- 9:00-6:00** FREE TIME
- 6:30-7:15** Dinner & treats
- 7:30-9:00** Moon Ceremony