

## 2 Day Women's Meditation Restore and Rebalance Retreat Program – Friday 3<sup>rd</sup> May



12:00 midday – 6:00pm

Check in and individual intuitive readings

7:00pm

Dinner

8:30pm – 10:30pm

Evening meditation and individual intuitive readings

## 2 Day Women's Meditation Restore and Rebalance Retreat

### Program – Saturday 4<sup>th</sup> May



7:00am – 8:00am	Breakfast
9:00am – 10:00am	Morning Meditation
10:00am – 11:30am	Vision Board
12:00pm – 2:00pm	Lunch
2:00pm – 2:30pm	Aura-Soma healing
2:30pm – 3:30pm	Vision Board Gestalt Session
3:30pm – 6:00pm	Free time and intuitive readings
6:00pm – 7:00pm	Dinner
7:00pm – 8:00pm	Evening Meditation
8:00pm – 10:00pm	Intuitive Art therapy

## 2 Day Women's Meditation Restore and Rebalance Retreat

### Program – Sunday 5<sup>th</sup> May



7:00am – 8:00am	Breakfast
9:00am – 10:00am	Morning meditation
10:00am – 11:00am	Yoga class
12:00pm – 1:00pm	Lunch
1:30pm – 2:30pm	Eggs in a Basket (healing activity)
2:30pm – 3:30pm	Afternoon meditation and the gift
4:00pm	Check out of venue