

AWAKEN THE SACRED

Fiona Sofia Louise

JUNE WEEKEND RETURN TO NATURE DAILY SCHEDULE

DAY 1: Friday 12th June

2PM: Arrival & Registration
3PM: Opening Circle: Welcome & Intentions
4PM: Tour of Sachamama & Offering to the Land
6PM: Welcome Dinner
8:30PM: Evening Meditation

DAY 2: Saturday 13th June

8AM: Smoothies & Tea
8:30AM: Morning Practice: Stretch & Sadhana
10AM: Breakfast
10:30AM: Morning Circle
~ FREE TIME ~
1PM: Lunch
~ FREE TIME ~
3PM: Afternoon Circle
4PM: Meditation Session
5PM: Movement Session
6PM: Dinner
7PM: Evening Session
9PM: Special Surprise

DAY 3: Sunday 14th June

8AM: Smoothies & Tea
8:30AM: Morning Practice
10AM: Breakfast
11AM: Morning Circle
1PM: Lunch
2PM: Closing Circle
4PM: Guests Return to their home and families

