



Tuesday, June 21st

3:00-4:00 PM Arrival, Check-in, Snacks and Introductions

4:00-5:00 PM - Ancestral Healing & Epigenetics

5:00-6:00 PM - Dinner & Discussion

6:30-9:00 PM - Earth Ceremony + Energetic Activations + Breathwork

Wednesday, June 22nd

7:30- 8:30 AM - HeartMath and FitTrack done before Breakfast

8:30 AM - 9:30 AM - Breakfast

9:00 AM - 1:00 PM - Transformational Healing - Pattern Mapping

1:00 PM - 2:00 PM - Lunch

2:00-3:00 PM - Crafting Intentions & Experience Design

3:00-6:00 PM - Transformation Session

6:00-7:00 PM - Dinner

7:00-9:00 PM - Q & A, The Session, Transformational Design, cards, snacks



Thursday, June 23rd

8:00 AM - 9:00 AM - Breakfast

9:00 AM - 10:00 AM - Crafting Intentions & Experience Design in Groups

10:00 AM - 1:00 PM - Transformation Sessions

1:00 PM - 2:00 PM - Lunch

2:00-3:00 PM - Crafting Intentions & Experience Design in Groups

3:00-6:00 PM - Transformation Sessions

6:00-7:00 PM - Dinner

7:00-9:00 PM - Transformation Sessions

Friday, June 24th

8:00 AM - 9:00 AM - Breakfast

9:00 AM - 11:00 PM - Bliss Body + Sound Bath

11:00 AM - 12:00 PM - Integration



WHAT TO BRING:

- SANGA Journal (if you already have one) Worksheets and fresh paper provided
- HeartMath Device with full battery (If you already have one)
- Your music and light sound track from the last few homework assignments
- A special item for the ceremony (Stones, crystals, sacred piece)
- Comfortable pajamas to hang out in after dinner
- Clothes to move and be comfortable
- Slippers (optional)