



## Wed, Jun 21

**3:00 PM - 6:00 PM - Arrival & Check-in**

**6:00 PM - 7:00 PM - Dinner**

**7:00 PM - 9:00 PM - Removing The Mask Circle**

## Thurs, Jun 22

**8:00 AM - 8:45 AM - Breakfast**

**9:00 AM - 1:00 PM - Pattern Mapping 1**

**1:00 PM - 2:00 PM - Lunch**

**2:00 PM - 2:30 PM - Hike to Waterfall**

**2:30 PM - 4:00 PM - Shamanic Rites**

**4:00PM - 4:30pm - Hike back to house**

**4:30 PM - 6:00 PM - Ancestral Healing Breathwork Ceremony**

**6:00 PM - 7:00 PM - Catered Dinner**

**7:00 PM -7:30 PM - Break**

**7:30 PM - 9:00 PM Setting Sacred Space Workshop**



## Fri, Jun 23

**8:00 AM - 8:45 AM - Breakfast**

**9:00 AM - 1:00 PM - Transformation Sessions 1, 2, 3**

**1:00 PM - 2:00 PM - Lunch**

**2:00 PM - 6:00 PM - Transformation Sessions 4, 5, 6**

**6:00 PM - 7:00 PM - Dinner & Discussion**

**7:00 PM - 9:00 PM - Sound & Music Experience**

## Sat, Jun 24

**8:00 AM - 8:45 AM - Breakfast**

**9:00 AM - 1:00 PM - Transformation Sessions 7, 8, 9**

**1:00 PM - 2:00 PM - Lunch**

**2:00 PM - 3:00 PM - Review SANGA Process Flow**

**3:00 PM - 4:00 PM - Integration & Feeling State Meditation**

**4:00 PM - 6:00 PM - Free Time**

**6:00 PM - 7:00 PM - Dinner**

**7:00 PM - 9:00 PM - Fire Release Ceremony**



**Sun, Jun 25**

**8:00 AM - 10:00 AM - Sleep in**

**10:00 AM - 11:00 AM - Breakfast**

**11:00 AM - 12:00 PM - Close Circle**

**12:00 PM - 2:00 PM - Hugs & Goodbyes if you aren't staying for the journey!**



## WHAT TO BRING:

- SANGA Journal (if you already have one) Worksheets and fresh paper provided
- Digital writing tablet if you prefer that over a paper journal
- Clothes to move and be comfortable
- A special item for the ceremony (Stones, crystals, sacred piece)
- Comfortable pajamas to hang out in after dinner
- Slippers (optional)
- Hiking Shoes
- Water Bottle
- Eye Masks
- Ear PLugs (optional)