

AWAKENING THE TRUE SELF



Thu, Mar 17

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

4:00-5:00 PM - Fire Initiation Circle & Intentions

SANGA Studio

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

Dining Room

6:00-8:00 PM - Awakening The True Self - Part 1

Great room

Fri, Mar 18

8:00 AM - 9:00 AM - Breakfast

Dining Room

9:00 AM - 11:00 PM - Awakening The True Self - Part 2

Great Room

11:00 AM - 2:00 PM - Lunch & Sensory Awakening Experience

SANGA Room

2:00-4:00 PM - Earth Medicine Ceremony & Energetic Activations

Outside or in SANGA Studio

4:00-5:00 PM - Personal Time

5:00-6:00 PM - Dinner and Food Tasting Experience

Dining Room

6:00-8:00 PM - SANGA Transformation Session GROUP

SANGA Office

AWAKENING THE TRUE SELF



Sat, Mar 19

8:00 AM - 8:45 AM - Breakfast

Dining Room

9:00 AM - 9:45 AM - Crafting Intentions

Great Room

10:00 AM - 12:00 PM - Individual Transformation Sessions Time 1

SANGA Office

12:00 PM - 1:00 PM - Lunch

Dining Room

1:00-3:00 PM - Individual Transformation Sessions Time 2

SANGA Office

3:00-4:00 PM - Discussion & Personal Time

Great Room

4:00-6:00 PM - Individual Transformation Sessions Time 3

SANGA Office

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

Dining Room

7:00 PM - 8:00 PM - SANGA Sound journey GROUP

SANGA Studio



Sun, Mar 20

8:00 AM - 8:45 AM - Breakfast

Dining Room

9:00 AM - 11:00 AM - Bliss Body Integration & Manifestation Experience

2 hours

SANGA Studio

11:30 AM - 12:00 PM - Departure

30 minutes

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)
- 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)