

AWAKENING THE TRUE SELF



Wed, Mar 15

3:00 PM - 6:00 PM Arrival, Check-in, and Introductions

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

Dining Room

7:00 PM - 9:00 PM - Sound Bath & Intention Setting

Main House

Thurs, Mar 16

8:00 AM - 9:00 AM - Breakfast

Dining Room

9:00 AM - 1:00 PM - Awakening The True Self - Pattern Mapping 1

Main Room

1:00 PM - 2:00 PM - Lunch

Dining Room

2:00 PM - 3:00 PM - Pattern Mapping Part 2

Main Room

3:00 PM - 4:00 PM - Group Body Calibration

4:00PM - 5:30pm - Group Body Calibration - Break Out Rooms

SANGA Elev8

6:00 PM - 7:00 PM - Sensory Awakening Dinner

Dining Room

7:00 PM - 9:00 PM - Group Transformation Session 1

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Fri, Mar 17

8:00 AM - 9:00 AM - Breakfast

Dining Room

9:00 AM - 1:00 PM - Transformation Sessions 2, 3, 4

Lindon Light House

1:00 PM - 2:00 PM Lunch

Dining Room

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

5:00 PM - 6:00 PM - Free Time

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

Dining Room

7:00 PM - 9:00 PM - Surrender & Letting Go Breathwork Ceremony

Sat, Mar 18

8:00 AM - 9:00 AM - Breakfast

Dining Room

9:00 AM - 1:00 PM - Process 7

SANGA Elev8

1:00 PM - 2:00 PM - Lunch

Dining Room

2:00 PM - 5:00 PM - Energy Clearing & Shaman Rites Ceremony

@Bija Yoga Studio

6:00PM - Dinner

7:00PM PJ Party

AWAKENING THE TRUE SELF



Sun, Mar 19

8:00 AM - 9:00 AM - Breakfast

Dining Room

9:00 AM - 10:00 AM - Feeling State Meditation

Main Room

10:00 AM - 11:00 AM - Review SANGA Process (start to finish)

Main Room

11:00 AM - 12:00 PM - Integration & Closing Interconnected Processes

Main Room

12:00PM Hugs & Goodbye!