



Healing Chakras Retreat

Itinerary & important information

What to bring:

- Please bring your own face covering/yoga mat (if you prefer)
- Comfortable clothes for indoor classes which involve movement: sweats, t-shirts, track pants, yoga clothing, etc.
- Seasonally appropriate clothing for outdoor activity and light hiking: hiking shoes, long sleeve shirts, long pants, hats, raincoat, umbrella, sunscreen, sunglasses, sneakers, gloves, bug repellent...
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna/steam room.
- Refillable water bottle
- Journal

Check-in / Check-out:

- Check-in is available any time after 3pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

Coordinator: Rachel Amar Cell: 914-621-2263 / Office: 845-210-3144 Wellness@honorshaven.com

• To best prepare you for this transformational retreat, the coordinator will contact you and provide you with some preparation materials to read and watch.

See next page for full program itinerary.

Healing Chakras Retreat Itinerary

* Program schedule is subject to change.

MEALS

- Breakfast: 8:00am– 9:00am
- Lunch: 12:00pm – 1:00pm
- Dinner: 6:00pm – 7:00pm

FRIDAY

6:00 - 7:00pm – Dinner

7:15 - 9:00pm – Introduction to the 7 Chakras and Energy Systems

SATURDAY

8:00 - 9:00am – Breakfast

9:00 - 12:00pm – Connect With Your Body (1-3 Chakra Healing)

12:00 - 1:00pm – Lunch & Break

2:00 - 6:00pm – Connect With Your Soul (4-5 Chakra Healing)

6:00 - 7:30pm – Dinner

7:30 - 9:00pm – Free Time (private healing sessions, spa, jacuzzi, etc)

SUNDAY

8:00 - 9:00am – Breakfast

9:00 - 12:00pm – Connect With Your Spirit (6-7 Chakra Healing)

12:00 - 1:30pm – Check out & Lunch

FREE TIME

During your free time you may use the amenities within the Retreat Center or schedule an appointment. with the spa or with the Wellness center for any services you may want to utilize (ie, aura reading, private acupressure healing session).

Please note some services require additional payment.

Please call to make an appointment at least 1 or 2 days in advance to secure a spot.

For wellness services, contact Rachel 845-210-3144 or Wellness@honorshaven.com

For spa services call: 845-210-3087 or spa@honorshaven.com.

