



Secret to Self-Healing Retreat

Itinerary & important information

What to bring:

- Please bring your own 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, sunscreen, sunglasses, bug repellent, etc.
- 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.

Enhancements:

During your stay, you may add on Spa services or Holistic Healing sessions to enhance your wellness experience with deeper care. For more information or to schedule, please see contact information below. Holistic Healing Sessions, Contact 845-210-3154 or earthmind@honorshaven.com
Spa Services Call: 845-210-3087 or spa@honorshaven.com.

Coordinator: Brittany Rega Cell: 914-343-4066 / Office: 845-210-3154 earthmind@honorshaven.com

See next page for full program itinerary.

Secret to Self-Healing Retreat Itinerary

* Program schedule is subject to change.

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

WEDNESDAY 6:00 - 7:00pm – Dinner
7:30 - 7:50pm – Registration & Warm-ups
7:50 - 9:00pm – Orientation

THURSDAY 9:20 - 12:00pm – Ancient Wisdom Energy Principles
12:00 - 1:00pm – Lunch
1:50 - 3:50pm – Guided Outdoor Meditation
4:00 - 5:00pm – Love Heals Documentary Screening/Sharing
5:00-6:00pm – Self-Healing Mantra
7:30-9:00pm – Self-Healing Yoga Flow

FRIDAY 9:20 - 12:00pm – Gut & Joint Self-Healing
12:00 - 1:00pm – Lunch
1:50 - 3:50pm – Guided Outdoor Meditation (Mago)
4:00 - 5:00pm – “Change” Movie Screening/ Sharing
5:00 - 6:00pm – Life Particle Effect
7:30 - 9:00pm – Self-Healing Yoga Flow

SATURDAY 9:20 - 12:00pm – Anatomy of Consciousness
12:00 - 1:30pm – Lunch
1:50 - 3:50pm – Guided Outdoor Meditation (120 Steps)
4:00 - 6:00pm – Awaken your Energy Centers
7:30 - 9:00pm – Miracle Mind Principles

SUNDAY 9:20 - 10:00am – Morning Yoga
10:00 - 12:00pm – Set your vision
12:00 - 1:30pm – Lunch & Check Out

