



Miracle Mind 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.
- Refillable water bottle (Honor's Haven does not provide plastic water bottles in guest rooms. Instead, there are designated refill stations around the Retreat Center)
- 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: Brittany Rega Cell: 914-343-4066 / Office: 845-210-3154 Earthmind@honorshaven.com

See next page for full program itinerary.

Miracle Mind 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

THURSDAY

5:00 - 6:00pm – Registration/ Energy Yoga & Meditation

7:30 - 9:00pm – Introduction to Healing Qigong

FRIDAY

9:00 - 10:00am – Wellness Class with Yoga & Meditation

10:00 - 12:00pm – Conditions for miracles: optimal energy balance and positive emotions

2:00 - 5:00pm – Developing awareness of feeling

7:30 - 9:00pm – Day review and sharing insights

SATURDAY

9:00 - 10:00am – Wellness Class with Yoga & Meditation

10:00 -12:00pm – Ki-gong, directive meditation and its application for healing

2:00 - 5:00pm – Life review with acceptance and gratitude

7:30 - 9:00pm – Day review and sharing insights

SUNDAY

9:00 - 9:30am – Simple stretch, breathing and meditation

9:30 - 11:00pm – Establishing a daily routine to align intention, feeling and action

11:00 - 11:30am – Wrap up

12:30pm – 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 holistic healing sessions, contact 845-210-3154 or earthmind@honorshaven.com

For spa services call: 845-210-3083 or spa@honorshaven.com.

