



# Relationship 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.

**Coordinator:** Brittany Rega Cell: 914-343-4066 / Office: 845-210-3154 [Earthmind@honorshaven.com](mailto:Earthmind@honorshaven.com)

*See next page for full program itinerary.*

# Relationship 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

## FRIDAY

- 6:00 - 7:00pm – Dinner
- 7:30 - 7:50pm – Registration & Warm-Ups
- 7:50 - 9:00pm – Relationship Intro
- 9:00 - 9:30pm – Self-Reflection (Building Inner Trust)

## SATURDAY

- 8:00 - 9:00am – Breakfast
- 9:30 - 10:30am – Partner yoga
- 10:50 - 12:00pm – 5 Love Languages (Effective Communication)
- 12:00 - 1:00pm – Lunch
- 2:00 - 4:30pm – Healing through Nature
- 4:30 - 6:00pm – Self-Healing Free time
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:00pm – Partner Hands-On Healing (Connect & Exchange Energy)
- 9:00 - 9:30pm – Self-Reflection

## SUNDAY

- 8:00 - 9:00am – Breakfast
- 9:00 - 10:00am – Healing Yoga
- 10:00 - 11:30am – Set A Plan for Your New Relationship
- 11:30 - 12:00pm – Wrap Up
- 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 acupuncture 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](mailto:earthmind@honorshaven.com)  
For spa services call: 845-210-3087 or [spa@honorshaven.com](mailto:spa@honorshaven.com).

