



Healing Qi-Gong 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, umbrella, sunscreen, sunglasses, sneakers, gloves, 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.

Healing Qi-Gong 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

6:00 - 7:00pm – Dinner
7:30 - 9:00pm – Introduction to Healing Qigong

FRIDAY

8:00 - 9:00am – Breakfast
9:30 - 11:45am – How to Prepare Qigong Body/18 joint warm-up
12:00 - 1:30pm – Lunch
2:00 - 5:00pm – Guided Outdoor Qigong (120 Steps & Mago Tree)
6:00 - 7:30pm – Dinner
7:30 - 9:00pm – 5 Elements and Organ self-healing

SATURDAY

8:00 - 9:30am – Breakfast
9:30 - 11:45am – IlChi Qigong Principles
12:00 - 1:30pm – Lunch
2:00 - 5:00pm – 5 Element sound healing
5:00 - 6:00pm – Free time (Private Healing, Spa and Sauna)
6:00 - 7:00pm – Dinner
7:30 - 9:00pm – Prescriptive Qigong

SUNDAY

7:00 - 8:00am – Sunrising Morning Qigong (Seasonal)
8:00 - 9:00am – Breakfast
9:30 - 11:30am – Design your Own Flow
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

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

