



Finding Your True Self 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/steam room.
- Refillable water bottle
- Journal

Check-in / Check-out:

- Check-in is available any time after 1pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

Preparation:

***This retreat includes 2 remote zoom sessions:** a preparation meeting prior to the retreat and a reinforcement meeting following the retreat. The coordinator will reach out to you and provide you with the detailed information for these calls, as well as some preparation materials. contact information below.

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

See next page for full program itinerary.

Finding Your True Self 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

- 3:15 - 4:00pm – Registration/ Warm up
- 4:00 - 6:00pm – Find your Will Power
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:10pm – Seeing the other Side (Movement & Meditation)

SATURDAY

- 8:00 - 9:00am – Breakfast
- 9:00 - 9:45am – Energy Yoga
- 10:00 - 12:00pm – Anatomy of Consciousness
- 12:00 - 1:00pm – Lunch
- 1:30 - 3:30pm – Rediscover your Self-Worth
- 4:00 - 5:30pm – Connect with Nature (Meditation & Qigong)
- 6:00 - 7:00pm – Dinner
- 7:30 - 9:00pm – Heal your Inner Child

SUNDAY

- 8:00 - 9:00am – Breakfast
- 9:00 - 12:00pm – Set a Vision for Your New Life
- 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 holistic healing sessions, contact 845-210-3154 or earthmind@honorshaven.com
For spa services call: 845-210-3087 or spa@honorshaven.com

