



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/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

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

FRIDAY

- 1:00am-2:00pm: Registration/ Welcome
- 2:00pm -3:00pm: Wellness Class with Yoga & Meditation
- 3:00pm-5:00pm: Introduction to Manifesting Miracles
- 7:30pm-9:00pm: Optimal energy balance and positive emotions

SATURDAY

- 9:00am-10:00am: Wellness class with yoga & meditation
- 10:00am-12:00pm: Developing awareness of feeling
- 2:00pm-5:00pm: Life review with acceptance and gratitude
- 7:30pm-9:00pm: Power of an integrated brain

SUNDAY

- 9:00am-9:30am: Simple stretch, breathing and meditation
- 9:30am -11:00pm: Establishing a daily routine to align intention, feeling and action
- 11:00am -11:30am: Wrap up
- 12:00pm -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.

