

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six
7 - 8am		Somatic Practice	Sleep In	Somatic Practice	Sleep In	Breakfast
8 - 9am		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	
9 - 10am		Group Session	Group Session	Primary Group Session Primary Group Session		Gifts Carpet & Closing Ceremony
10 - 11am						
11 - 12pm		FREE TIME	FREE TIME			
12 - 1pm		Light Lunch	Lunch	Light Lunch	Lunch	Departures
1 - 2pm		Plant Medicine Ceremony	FREE TIME	FREE TIME	FREE TIME	
2 - 3pm	Arrivals					
3 - 4pm	Welcome		Primary Group Session	Group Session	Somatic Practice	
4 - 5pm	Opening Ceremony				Integration / Sharing Circle	
5 - 6pm			Somatic Practice	Plant Medicine Ceremony		
6 - 7pm	Dinner & Relax		Dinner & Relax		Dinner & Relax	
7 - 8pm	Group Session		Fireside Group Sharing & Integration Session		Fireside Group Session - Open Mic	
8 - 9pm						