

DAY 1: JANUARY 17TH - IGNITE YOUR LIGHT

ARRIVAL	3 pm - 5 pm Check In and Registration *rooms ready at 3 pm
AFTERNOON	5 pm - 6 pm Dinner
EVENING	6:30 pm - 7:30 pm "Unlock Your Body's Flow: Understand the Science of Flow." 7:30 pm - 9 pm Introduction to Deep Meditation, Yoga Nidra: Finding and Feeling Our Power and Source

DAY 2: JANUARY 18TH - ILLUMINATE YOUR PATH

MORNING	7 am - 8 am Welcoming the Days Light: Morning Yoga with Oriana 8 am - 9 am Breakfast 9:20 am - 10:20 am Nutrition and Lifestyle Strategies to Cleanse, Balance, and Renew: Detoxification, Hormone Health, and Vitality with Michelle 10:30 am - 11:30 am Meet Your Inner Family; Creative Flow & Play for Mental Clarity
AFTERNOON	12 pm - 1 pm Lunch 1 pm - 2 pm Quiet Time - <i>Self Guided Restorative Activities</i> 2:15 pm - 3:30 pm Embodiment in Movement- Body Gratitude, Self Compassion and Integration! with Lindsay 3:45 pm - 5:00 pm The Mind-Body Connection: Harnessing Visualization and Parasympathetic Activation for Optimal Health and Well-Being with Michelle
EVENING	5:30 pm - 6:45 pm Dinner 7 pm - 9 pm Fire Circle: Story Sharing - Power in Being Seen and Open-Hearted

DAY 3: JANUARY 19TH - RADIATE YOUR LIGHT

MORNING	5:30 am - 6:30 am Moonlight Morning Walk (optional) 7 am - 8 am Flow into the Day: From Stillness to Movement with Lindsay 8 am - 9 am Breakfast 9:30 am - 11:30 am Intention Setting and Building Your Health Community
DEPARTURE	12 pm - 2 pm Ways to Connect & Farewell Lunch