

Monday, Aug. 4, 2025

Arrivals 1-3 p.m

Settling in and exploring 2-4 p.m

Opening and expectation setting 4-5:30 p.m.

Welcome Dinner 6 p.m.

Tuesday, Aug. 5, 2025

Breakfast 8-9 a.m

Morning session: Body Awareness, ground & fill, rest and reflection 9 a.m - 12:30 p.m.

Lunch 12:30-1:30 p.m.

Afternoon Session: Introduction to the Ventral Vagal Nervous System, rest and reflection 1:30-6 p.m.

Dinner 6-7 p.m.

Evening art project and night swimming/moon bathing

Wednesday, Aug. 6, 2025

Breakfast 8-9 a.m

Morning session: Moon Cycle Lessons, rest and reflection 9 a.m - 12:30 p.m.

Lunch 12:30-1:30 p.m.

Afternoon Session: Maiden, Mother, Crone Lessons, rest and reflection 1:30-6 p.m.

Dinner 6-7 p.m.

Evening art project and night swimming/moon bathing

Thursday, Aug. 7, 2025

Breakfast 8-9 a.m

Morning session: Private Touch-in Time, rest and reflection 9 a.m - 12:30 p.m.

Lunch 12:30-1:30 p.m.

Afternoon Session: Intuition Honing, rest and reflection 1:30-6 p.m.

Dinner 6-7 p.m.

Evening fire ceremony

Friday Aug. 8, 2025

Breakfast 8-9 a.m.

Closing, clean-up and departure 9-11 a.m.

** This schedule is an idea of how things may flow for the week, it is subject to changes based on the energy and needs of the group, and the weather.