

PAUSE Women's Retreat Sample Itinerary

***This is tentative and will be updated closer to the retreat. Some activities depend on the weather of course, and will have back up plans. No matter the weather, the retreat will be awesome!**

***The purpose of this retreat is to create a PAUSE in our lives, connect with nature, ourselves and others, It is also a chance to learn and implement simple tools and practices to feel even more joy and radiance in our every-day lives. It is much different than a spa-type retreat.**

***My hope is for women to shift back to their lives invigorated and excited about their days. It is obviously not a sleep-in-late kind of retreat. We utilize the time we have with group and solo time incorporating both YIN and Yang energies... work/rest/learn/play.**

***Everyone is expected to participate in the group portions and listen to what their bodies, minds and hearts are wanting to do with the open time.**

***Each retreat will have it's own unique vibe according to the season, location and what is available to utilize (kayak, paddleboard, hot tub, lake, snow shoeing, hiking, nature walks, etc.)**

***Different styles of movement/breath work/meditation, Ayurveda practices, will be woven throughout our time together.**

Friday

4:00 Check-In

5:00 Circle up as a group, introductions

6:00 Dinner at the House (you provide your dinner)

After Dinner Time to roam and relax

9ish Gentle/YIN Yoga/Journal

Saturday

7:30 Kundalini Yoga/Qigong/Breath Work/Meditation/Journal Question for the day (for you to use however works for you), Pull a Spirit Card.

Breakfast after Yoga practice We are all responsible for our own breakfast and clean up.

Group Activities (nature and such)

12:00 Lunch at the house together (you provide your lunch)

After lunch Nature Walk

Relax/explore time.

5:00 Dinner Out

Relax

Reflect on the day/Gentle/YIN Yoga/Journal

Free time to relax, star gaze at the house, etc.

Sunday

7:30 Kundalini Yoga/Qigong/Breath Work/Meditation/Journal Question for the day (for you to use however works for you)

Breakfast after Yoga Practice Pull cards during breakfast, reflect, share.

We are all responsible for our own breakfast and clean up.

Nature Utilize the backyard, (dock and sandy area when available) to walk a bit and reflect/journal on our time.

Clean Up

Circle Up Before Check Out

***We each make our own breakfast and lunch and eat together. The food part was set up this way on purpose. We learn from each other, see how others do things, chat on routines, and maybe get ideas to shift, or create in our daily lives. OR stick with what we are already doing with food. Whatever feels right for you. We do this for the Sedona Spirit Journey Retreats and it is so much fun!**