

Womens' Wilderness Retreat ~ June 2-4, 2023

Friday

- 2-4 Arrival & Set up Camp
- 4 Opening Circle ~ Welcome to Wind Dance and Greetings
Honoring the earth ~ drumming
- 5 Soul Speak Stroll
- 6 Wholesome Dinner & Tea
Prepare Nourishing Infusion together to serve with breakfast
- 8 Fireside ~ Sing, Chant, Poetry and Open Share

Saturday

- 7 Coffee/Tea and Light Snacks Available
- 8 Morning Yoga/Meditation with Joyce
- 9 Wholesome Breakfast (Nourishing Infusion. strained and served with breakfast)
- 10 Guided Deep Listening & Movement in Woodland Circle with Brooke
"Listen to how you are listening"
- 12 Walk as you are moved to a prepared lunch
- 1 Lunch is served
- 2 Sweet Siesta
- 3 Plant walk and collection: while discussing plant id and plant families with Jen
- 4 Collaborative Creative Community meal preparation
with edible flowers, foraged and farmed greens
- 6 Wholesome Dinner & Tea
- 8 Drum Circle with Tracy

Sunday

- 7 Coffee/Tea and Light Snacks Available
- 8 Wholesome Breakfast
- 9 Tea tasting: coming back to our senses, tuning into herbal energetics
- 10 Pack up (invitation to journal or socialize with new friends)
- 11 Closing Circle infused with Gratitude
- 12 Depart