

AWAKEN THE VISIONARY

Retreat

SEDONA, ARIZONA | OCTOBER 9-13, 2024



Now more than ever, we need to return to ourselves for guidance and to awaken our inner vision, to reactivate long-buried instincts and our heartfelt intuition. Within each of us, there is a powerful, clear visionary, a guide, an oracle, a “see-er”.

You're invited to a **5 day, 4 night immersive retreat experience** in Sedona, AZ set amidst the majestic Red Rock cliffs of Secret Canyon Wilderness.

RETREAT SCHEDULE

Wednesday, October 9th, 2024

- 4:00pm** Arrive + Check In
- 6:00pm** Welcome Dinner at Orchard Canyon
- 7:30pm** Opening Ceremony + Awakening Intentions



Thursday, October 10th, 2024

- 6:00am** Pranayama + Meditation Practice
 - 8:00am** Breakfast Sadhana- Ambrosial Morning Ritual
 - 10:00am** Kundalini Yoga with Jennifer
 - 11:15am** Heart Opening Class with Eva
 - 12:30pm** Lunch, Rest & Digest
 - 3:00pm** Deep Dive Lab "Fascia Awakening"
 - 4:15pm** Walking Meditation at Buddha Peace Garden
 - 6:00pm** Dinner
 - 7:30pm** Rest & Integrate
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RETREAT SCHEDULE

Friday, October 11th, 2024

- 6:00am Cathedral Rock Hike + Pranayama Meditation
- 8:00pm Intermediated Cathedral Hike
(Breakfast included on hike)
- 8-9:30am Breakfast served on premise
- 11:00am Deep Dive Lab "Fascia Release"
- 12:00pm Lunch, Rest + Digest
- 3:00pm Liberated Soul Yoga with Eva
- 4:30pm Kundalini- Awakening the Visionary practice
- 6:00pm Dinner Served
- 7:30pm Self Abhyanga Massage



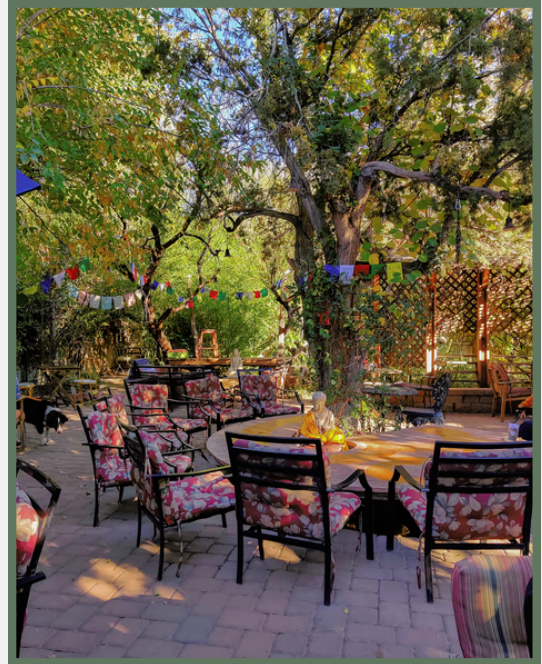
Saturday, October 12th, 2024

- 6:00am Pranayama + Seee'rs Meditation
 - 8:00am Breakfast
 - 10:00am Higher Self Meditation
 - 12:00pm Lunch, Rest + Digest
 - 12:00 Optional Hike into Orchard Canyon
(lunch included)
 - 4:00pm Sovereign Visionary Time
 - 6:00pm Dinner
 - 7:30pm Fireside Connection
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RETREAT SCHEDULE

Sunday, October 13th, 2024

- 7:00am Pranayama + Soul Class Led by Eva
 Closing in Abundance
- 9:00am Breakfast
- 10:00am Checkout
- 12:00pm Chocolatree Lunch (optional)



Orchard Canyon on Oak Creek is nestled on ten lush acres of organic gardens and apple orchards just 8 miles north of the town of Sedona.

Located two hours north of Phoenix and 30 minutes south of Flagstaff.

Sedona's mild four-season climate and high desert terrain assure good weather for vacationers and outdoor enthusiasts.

Oak Creek, a spectacular 16-mile gorge with streams and waterfalls between sheer rock walls has been termed one of the eight most scenic drives in America.

All Inclusive retreat with Lodging & Nourishing Farm to Table Meals.