

# SEDONA - SOL RETREAT



## REBIRTH - ITINERARY

### *Declaration of Intention:*

*The SOL gathering is a safe space to bring your full soul. All attendees are encouraged to move at the rate which feels aligned to them. It is with deep trust we establish that each person's presence in this retreat is sacred, and it is with pure and sacred intention that we will connect with one another. To a beautiful unraveling of each person's individual journey. You are loved, cherished, and welcomed here.*

*Note: the following schedule is a very relaxed structure of what will be unraveling at the SOL retreat. We leave parts of the retreat open to creative flow and group preference. Please bring a water bottle with you. A journal and gift bag will be provided for each person, and in the studio yoga mats will be available for all to use.*

### FRIDAY, SEPTEMBER 22ND



#### 10:00 - Welcome Love !!

*Begin the day with tea time, music, meditation, and discussion on the metamorphosis of one version of reality to another.*

#### 11:00 - Morning Yoga

11:30 - Workshop on the Transmutation of Belief Systems - how emotions and thoughts are programmed to inhibit the power of the soul. How to reverse this process by reclaiming your connection to the soul, and shedding old versions of reality.

- + Intuitive Check In
- + Parts Work Talk (why consciousness sometimes separates to understand itself)

#### 12:30 - Break for Lunch (often times we all go somewhere for lunch in Sedona)

1:30 - Water + Drum Ceremony in the Desert - we will be drumming, using sound as a form of vibrational power to turn the pattern of the water into a visible structure. **Sound waves are longitudinal waves that travel through a medium like air or water [see cymatics].** Through these new patterns of focused creation energy, we will incorporate rose petals, each carrying a prayer you wish to bring into this world. The prayer (rose) petals will be infused with the vibrations of sound and water through meditation, celebration, and drumming.

Eventually, the petals will be returned to the earth to symbolize the grounding of our prayers from an idea into physical, perpetual, motion.

2:30 - "To Find Your Soul" - Organic Face Paint Reflection Ceremony (this is a beautiful and fun workshop, one for the inner child).

3:00 - Discussion - How can we incite the magic of the soul into this world? Honoring our magic and realizing how to usher it into reality.

3:30 - Head back to the studio

4:00 - Relaxed and rejuvenating sound healing

4:45 - Ending Prayer and hugs [the day will end at 5:00pm]



## ***SATURDAY, SEPTEMBER 23RD***

---

10:00 - *Begin the day with tea time, music, meditation, and connection.*

10:20 - *Morning Yoga (short yoga session since we have a hike later)*

10:35 - *Morning Group Discussion + Intuitive Games*

11:15 - *Sedona Canyon Hike & Vision Meditation*

12:45 - *Break for Lunch*

1:45 - *Workshop on the Structure of Energy - How to use the Power of Your Heart - This workshop is about using the energy field to protect your heart while simultaneously opening your heart to its full force and power. We must maintain the art of vulnerability with life, while also understanding how to structure boundaries and aligned intentions with our outer world.*

2:45 - *Shamanic Breathwork Ceremony with Live Music*

4:15 - *Group Discussion + Intuitive Games*

5:00pm - *Ending Prayer & Music*

## SUNDAY, SEPTEMBER 24TH

---

10:00 - *Begin the day with tea time, meditation, and connection.*

10:30 - Morning Yoga

10:50 - Toning + Music Workshop

11:45 - Blindfold Dance Flow + Flower Mandala

12:45 - Break for Lunch

1:45 - Fire + Color Rebirth Ceremony on the Land - Using fire to turn past patterns into ashes as the flames ignite a spark for future creations, timelines, connections, and the invocation of your soul's wisdom. Then, we will be using color to magnify the expression and intuitive intellect of the soul.

3:00 - Return to the Studio

3:30 - Post Ceremony Discussion + Thoughts on the Individuated Journey & The Collective

4:30 - Group Toning, Ending Meditation Circle

5:00 - Homemade Organic Vegan Dinner, Ending Celebration with Dessert :)  
[this day will end at 6:00pm instead of 5:00pm]



---

### RETREAT LOCATION:

Sacred Spirit Studio  
West Sedona

431 AZ-179 Suite A7  
Sedona, AZ 86336



### RETREAT TIMES:

Friday, Sept. 22nd, 10:00am - 5:00pm  
Saturday, Sept. 23rd, 10:00am - 5:00pm  
Sunday, Sept. 24th 10:00am - 6:00pm

---