

## Retreat Schedule

### Feb 23: Day 1

10:00 am to 11:00 am Welcome and group introductions  
11:00 am to 12:00 pm Clearing and setting intentions (guided meditation)  
12:00 to 1:30 pm Lunch  
1:30 pm to 4:00 pm Past life regression and sharing  
4:00 pm to 6:00 pm Journaling / Rest & Contemplation  
6:00 to 8:00 pm Dinner  
8:00 to 10:00 pm Journaling / Rest & Sacred Contemplation

### Feb 24: Day 2

7:00 to 8:30 am Breakfast  
8:30 am to 11:30 am Sweat ceremony  
11:30 to 12:00pm – Journaling / Rest & Sacred Contemplation  
12:00 to 1:30 pm Lunch  
1:30 to 5:00 pm Plant medicine walk and medicine making workshop  
5:00 to 6:00 pm - Journaling / Rest & Sacred Contemplation  
6:00 to 8:00 pm Dinner  
8:00 to 10:00 pm Journaling / Rest & Sacred Contemplation

### Feb 25: Day 3

7:00 to 8:30 am Breakfast  
8:30 to 10:30 am Past life regression and sharing  
10:30 to 11:30 am Discover your Light Signature and Soul Blueprint (Gene Keys)  
11:30 to 12:00 pm Journaling / Rest & Sacred Contemplation  
12:00 to 1:30 pm Lunch  
1:30 to 4:00 pm Deep inner healing meditation  
4:00 to 6:00 pm Journaling / Rest & Sacred Contemplation  
6:00 pm to 9:00 am – Santo Daime Ayahuasca ceremony (overnight ceremony)

### Feb 26: Day 4

6:00 to 8:00 am Closing talk and sharing circle  
8:00 to 9:00 am – Breakfast served by Ayahuasca team  
9:00 to 12:30 pm - Rest/Quiet contemplation  
12:30 to 1:30 pm – Lunch served  
1:30 to 3:30 pm – Journaling / Rest & Sacred Contemplation  
3:30 to 5:30 pm – Closing and gratitude ceremony  
5:30 pm to 7:30 pm - Dinner  
7:30 to 9:00 pm Journaling / Rest & Sacred Contemplation

### Feb 27: Day 5

7:00 to 8:30 am - Breakfast  
8:30 to 10:30 am – Free time/ meditation at the Labyrinth  
10:30 to 11:00 am – Goodbyes and Departure

Connect to the Higher Self  
and the Heart of Gaia

with ANITA BRESKMAN, COUSIN & YLANA HAREL

