

## Retreat Schedule

### Feb 23: Day 1

10:00 am to 11:00 am Welcome and group introductions with Sarah  
11:00 am to 12:00 pm Clearing and setting intentions (guided meditation) with Sarah  
12:00 to 1:30 pm Lunch  
1:30 pm to 3:30 pm Past life regression and sharing with Sarah  
4:00 pm to 6:00 pm Journaling / Rest & Contemplation  
6:00 to 9:00 pm Dinner and music

### Feb 24: Day 2

7:00 to 8:30 am Breakfast  
8:30 am to 11:30 am Sweat ceremony at the Temescal with Aya Natan  
11:30 to 12:00pm – Journaling / Rest & Sacred Contemplation  
12:00 to 1:30 pm Lunch  
1:30 to 3:30 pm – Connection to Gaia / Purification Meditation with Ylana  
4:00 to 5:30 pm – Plant Medicine Walk with Aya Natan  
6:00 to 8:00 pm Dinner

### Feb 25: Day 3

7:00 to 8:30 am Breakfast  
9:00 to 11:30 am – Past life regression and sharing with Sarah  
12:00 to 1:30 pm Lunch  
1:30 to 4:00 pm - Deep healing inner child meditation with Sarah  
4:00 to 6:00 pm Journaling / Rest & Sacred Contemplation  
6:00 pm to 9:00 am – Santo Daime Ayahuasca ceremony with \*Shamans, Brad and Sara  
For those not participating in the ayahuasca ceremony, 6 – 9 pm – dinner and music

### Feb 26: Day 4

6:00 to 8:00 am Closing talk and sharing circle  
7:30am to 9:00 am – Breakfast served by Ayahuasca team (for those not participating, breakfast served by venue)  
9:00 to 1:00 pm - Rest/Quiet contemplation  
1:30 to 3:00 pm – Lunch served  
3:30 to 5:30 pm - Meditation: Become the highest version of yourself  
6 pm to 8:00 pm - Dinner and gratitude sharing

### Feb 27: Day 5

7:00 to 8:30 am - Breakfast  
9:00 to 11:30 am – Relax at the labyrinth, free time.  
11:30am – 12pm - Shuttle departures

\*Shamans will begin the ceremony with one-on-one interviews with each participant. They will then do an introduction/induction, the ceremony starts at around midnight and goes until the early morning. There will then be a sacred sharing circle at the end, and afterwards, at around 7:30am, an organic, healing breakfast will be served.

# Connect to the Higher Self and the Heart of Gaia

with SARAH BRESLIN, COSME & YLANA HAREL

