

# *The Women's Nude In Nature Retreat*

January 11-13<sup>th</sup>, 2019

## **An Itinerary Overview**

*Thursday January 10<sup>th</sup>*

- Arrival between 6-9pm

*Friday January 11<sup>th</sup> – 13<sup>th</sup>*

- 8am Good Rising Nourishing Treats
- 9am Meditation
- 11am Good Awakening Meal
- 2pm Magic Creation Hour
- 4pm Good Evening Meal
- 6pm Ceremony
- 930pm Good Resting Nourishing Treats

*Monday January 14<sup>th</sup>*

- Departure by 10am

## **Itinerary Details**

Good Rising Nourishing Treats

- All vegan food and medicinal tea will be available for your waking nourishing desires

Meditation

- We will gather for a guided and silent meditation

Good Awakening Meal

- All vegan food and medicinal tea is prepared to create an internal state of love and nourishment for transmutation

Magic Creation Hour

- These gathering will incorporate a different activity each day and are intended to enhance the clarity of receptivity of communication from our Higher Consciousness

Good Evening Meal

- All vegan food and medicinal tea is prepared to create an internal state of love and nourishment for our evening ceremony

Ceremony

- Our evening ceremonies will gather with intention to honor wherever we are in our Souls journey, a space to share whatever is on our hearts, to allow space for transmutation of what is complete from our past and a platform of new creation

Good Resting Nourishing Treats

- All vegan food and medicinal tea will be available for your resting and lucid dreaming desires

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## The Experience Details

- **Arrival**
  - Thursday January 10<sup>th</sup> between 6-9pm. Please communicate if you are planning on arriving outside of designated arrival timeframe.
- **Departure**
  - Monday January 14<sup>th</sup> by 10am.
  - There is the option for those who desire, to depart after Sundays ceremony.
- **Sleeping**
  - Sleeping arrangements are communal with multiple options.
  - Inside sleeping area includes 1 King Bed and 1 Double bed along with additional sleeping mattresses if needed.
  - The yoga/music room as additional space for indoor sleeping.
  - All outdoor areas are available for sleeping, so bring a tent or request one.
- **Food**
  - All vegan meals are included in your experience.
  - Mid-morning and late afternoon meals are prepared for a group dining experience along with early morning and late evening nourishing treats.
  - Please communicate any allergies upon registration.
- **Medicinal Tea**
  - Herbal tea blends and water will be available for drinking. Each medicinal tea blend shared during our experience has herbs to enhance our connection and clarity to the present moment.
- **Travels**
  - Tampa International Airport is the closest airport. Transportation can be arranged to and from the airport. Please communicate any needed assistance upon registration.
- **The Location**
  - Our retreat is located in beautiful Dade City, FL rested on 3.5 acres along the Withlacoochee River.
- **Amenities**
  - Canoe & Kayaks, Fishing Poles, Hot Tub, Yoga/Music Studio, Yoga Swings, Hammocks, Kitchen, 2 Bathrooms, Outdoor Fireplaces
  - Towels, Shampoo, Hair Dryer, Wifi
- **Welcome Gift**
  - Your welcome gift is a compilation of guided amazingness just for you! Please communicate your t-shirt size upon registration.
- **Not Included**
  - The cost of your transportation to and from the retreat
- **Me!**
  - I am your Guide and you have 100% access to me throughout our time together.
- **Guidance Beyond**
  - Attendees desiring to work with me beyond our retreat experience will receive 11% off of any one Intuitive Guidance Service purchased by January 31, 2019.

## What To Bring

- Clarity of intention of your participation in our retreat
- Notebook and writing material
- Comfortable and warm clothing
- Anything additional you need to allow the ease of your experience

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