

Fall into Grief Tending

A weekend to be held, nourished and inspired

Find alignment in your being's natural rhythms through ceremony, universe consciousness & nature connection

Agenda

October 17, Thursday

- 3-5:30p Arrival
- 5:30p Dinner
- 6:30p Ceremonial Opening Circle
- 8:00p Sound Healing Meditation
- 9:00p Free Time
- 10:00p Quiet Hours

October 18, Friday

- 6:30a Sangha Open for Silent Meditation - Tea / Coffee / Breakfast Snacks Available
- 8:00a Yoga
- 9:00a Breakfast
- 10:00a Community Building
Get to know each other, play and create space for dialogue around grief in a fun & safe way so the rest of the experience feels gentle & supportive.
- 12:00p Lunch
- 1:00p Free Time - Personal Healing Sessions
- 3:00p Somatic Tracking & Nervous System Workshop
- 5:00p Dinner
- 7:00p Restorative Yoga + Sound Healing Meditation

Oct 19, Saturday

- 6:30a Sangha Open for Silent Meditation - Tea / Coffee / Breakfast Snacks Available
- 8:00a Breakfast
- 9:30a Forest Bathing - Tea Ceremony
- 12:00p Lunch
- 1:00p Free Time - Personal Healing Sessions
- 3:00p Grief Tending Ceremony
- 6:00p Dinner
- 7:00p Fire Ceremony

Oct 20, Sunday

- 6:30a Sangha Open for Silent Meditation - Tea / Coffee / Breakfast Snacks Available
- 8:00a Breakfast
- 9:00a Nature Connection Journey
- 10:00a Mindful Art Workshop
- 11:00a Free Time
- 12:00p Lunch
- 1:00p Ceremonial Closing Circle
- 2:00p Departure & Farewells