



Womb Awakening Retreat: Memorial Weekend - Delta, Colorado

Tentative Schedule

Friday/ Arrive between 1 and 2:00pm - unpack, setup tent/ settle in room & relax

Friday/ 2:30/3:00pm: Welcome Circle, Introduction, Tour/ Landing in the space

Friday/ 6:00pm Potluck Dinner

Friday/ 7:30-9:00pm: Opening Ceremony & Intention Setting

Saturday/ 7:00am: Tea/ coffee

Saturday/ 7:15am: Optional early morning womb yoga & meditation

Saturday/ 8:10am: Breakfast

Saturday/ 9:15am: Awakening the body through Root 2 Heart breath/ energy

Saturday/ 10:30am: Earthing and listening to Gaia - 30 minute silent meditation

Saturday/ Noon: Lunch break

Saturday/ 2pm: Introduction to yoni & shakti (divine feminine within) in sacred circle

Saturday/4pm - 6pm: Break & Dinner

Saturday/ 7:30-9:30pm: Yoni Honoring & Steam Ceremony – wear long skirt OR bring extra long blanket

Sunday/ 7:00am: Tea/ coffee

Sunday/ 7:15am: Optional morning womb yoga & meditation

Sunday/ 8:10am: Breakfast

Sunday/ 9:15am: Elemental Healing with Nature & Journaling

Sunday/ Noon: Lunch break

Sunday/ 2pm: Sacred Sexuality Conversation

Sunday 3pm: Afternoon Free Movement - Opening The Body

Sunday/4pm - 6pm: Break & Dinner

Sunday/ 7:30-9:00: Divine Feminine Honoring Ceremony - wear white and Closing Ceremony

Monday/ 7:00am: Tea/ coffee

Monday/ 7:15am: Optional morning womb yoga & meditation

Monday/ 8:10am: Breakfast

Monday/ 9:15am: Closing space and 15 to 20 service time of giving back to the land

Monday 10:30 - 11:30am: Pack and Good-bye (check out is 11:30am latest)