



AWAKENING your Essential Voice

FALL EQUINOX RETREAT

JOURNEY OF INTUITION, CREATIVITY, YOGA & MANIFESTATION

Friday · September 18: Arrival & Opening

3:30 pm

Arrival, Check-in, Explore, Ground & Facility Tour

4:30 pm

Welcome Gathering

Swag Bag Distribution & Intention Setting

6:00 pm

Dinner

7:30 – 9:00 pm

Evening Meditation with Sound & Reiki

Saturday · September 19: Intuition & Creative Awakening

7:30 am

Optional Yoga & Breathwork with Melissa

8:00 – 9:00 am

Silent Breakfast

9:30 – 11:30 am

The Magic of Intuition & Creativity with Julie & Melissa

12:00 pm Lunch

2:00 – 4:00 pm

Meet Your Spirit Guides Workshop with Melissa

4:00 – 5:00 pm

Small Group Reflection & Q&A

5:30 pm

Dinner

7:00 – 9:00 pm

Yoga Nidra: Meeting Your Spirit Guides

Sunday · September 20: Creative Flow & Soul Connection

7:30 am

Optional Yoga & Breathwork with Melissa

8:00 – 9:00 am

Silent Breakfast

9:30 – 11:30 am

The Joy of Journaling with Julie

12:00 pm

Lunch

2:00 – 4:00 pm

Forest Bathing, Labyrinth Walk, Ocean Walk
Reading, Rest & Integration

4:00 – 5:00 pm

Ask the Medium: Q&A with Melissa

5:30 pm

Dinner

7:00 – 9:00 pm

Group Soul Readings with Melissa



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Monday · September 21: **Manifestation & Visioning**

7:30 am

Optional Yoga & Breathwork with Melissa

8:00 – 9:00 am

Silent Breakfast

9:30 – 11:30 am

Using Your Pendulum & Trusting Your Intuition with Melissa

12:00 pm

Lunch

2:00 – 4:00 pm

Manifesting & Visioning Workshop with Melissa & Julie

4:00 – 5:00 pm

Small Group Reflection & Q&A

5:30 pm

Dinner

7:00 – 9:00 pm

Yoga Nidra followed by Group Spirit Messages

Tuesday · September 22: **Integration & Ceremony**

7:30 am

Optional Yoga & Breathwork with Melissa

8:00 – 9:00 am Silent Breakfast

9:30 – 11:30 am

Growing Your Knowing: Telepathy, Numbers & Messages with Melissa

12:00 pm Lunch

2:00 – 4:00 pm

Developing a Spiritual Practice for Joyful Living with Melissa & Julie

4:00 – 5:00 pm

Small Group Reflection

5:30 pm Dinner

7:00 – 9:00 pm

Fire Ceremony: *Spark Your Divinity*

Wednesday · September 23: **Closing & Departure**

7:30 am

Optional Yoga & Breathwork with Melissa

8:00 – 9:00 am

Silent Breakfast

9:30 – 11:30 am

Closing Gratitude Circle

12:00 pm

Lunch

Departure

Leave with magic tools, luminosity, and next steps