



EmpowerHER WILD: Delta, COLORADO
Sept 24-30th, 2026 + online prep classes
Working Itinerary – More To Come

Wed/August 19th via zoom
11am-12:30p MST
OR
7pm-9:30p MST

Wed/August 26th via zoom
11am-12:30 MST
OR
7pm-9:30p MST

Wed/Sept 2nd via zoom
11am-12:30 MST
OR
7pm-9:30p MST

*TBD Schedule 1:1 personal and gear check in with Tara

Thurs/Sept 24th RWF (Raven Wild Farm) Delta, CO
1-2: Arrive
1-2:30: Set up tent space – 1st come 1st serve spots
2:30: Welcome + introductions + logistics + tour of RWF + break
5:00: Potluck Dinner
7:00: Opening circle + R2H breath
9:00: Quiet time/bed

Fri/Sept 25th RWF
7:30: Breakfast
9:00-11:30: Shelter building + practice
11:30-1:30: Lunch break
1:30-3:30: LNT + Nervous system practices
3:30-7:00: Dinner break
7:00-8:30: Primal women evening circle



Sat/Sept 26th RWF

7:30: Breakfast

9:30-11:30: Fire

11:30-1:30: Lunch Break

1:30-2:30: Food pack/prep/nutrition + how to pack a backpack

2:30-5:00: Trip to store for food prep + pre-pack + break

5:00-6:30: Dinner

6:30-8:30: Solo intention ceremony + history of native peoples of area

Sun Sept 27th RWF/SOLO LAND

7:30: Breakfast

9:30-10:30: Pack for solo + last backpack check in

10:30-1:30: Drive to solo site + lunch + hike in

1:30-2:30: Introduction to site, logistics

2:30-4:00: Make shelter + set up site

4:00-5:00: Ceremony ritual and silence begins

Sunday evening (Sept 27th) – Tuesday afternoon (Sept 29th) = silent solo quests, no cell phones, journaling or reading, 3 silent check ins per day (communicate via paper), make own food, meditate/prayer, breathwork, attunement with self and nature,

Tues/Sept 29th

Early afternoon sometime: solos end – welcome back into sound/ritual/integration of solo quest

Mid afternoon: Hike back to cars, drive to RWF, reset up tents, shower, journal time

Dinner Break

7-8:30: Graduation Ceremony

Wed/Sept 30th

7:30: Breakfast

8:30-10:30: Integration of program, closing tipi circle and short give back to land project

10:30: Good-byes, pack up