**Earth Tantra Retreat Schedule – fluid and tentative:**

**(dependent upon weather and vibe of the group)**

\*Allow plenty of drive time – as in an extra 1 to 2 hours for holiday traffic!

It takes 6+ hrs to drive from the Denver area to Cedaredge on a regular day

**Thursday**

2:00pm: Arrival 1:45pm to 2pm sharp – tent or bedroom set up and settle in, slow down and take time to breathe

2:45pm: Welcome circle/introductions, blessing of land, history of Tantra

3:30pm: Introduction, purpose and practice of silent solitude, grounding and breath work

5pm: Silent meditation ceremony – silent solitude grounding meditation

6pm: Potluck dinner in silence

9pm: Optional fire or community circle in silence (weather dependent)

**Friday**

7:45am: Breakfast in silence

Noon: Lunch in silence

2pmish???: Welcome back from silent solitude meditation

4pm: Late siesta and dinner break

7pm: Fire Cacao Ceremony (weather dependent inside verse outside)

9:30: Prepare for sleep/quiet hours begin

**Saturday**

7:45am: Breakfast

8:30am: Group sessions

Noon: lunch and siesta

2pm: Group sessions

4pm: Late siesta and dinner break

7pm: Shakti/Shiva Ceremony

9/9:30pm: Prepare for sleep

**Sunday**

7:45am: Breakfast

8:30am: Gratitude, closing, take aways/good-byes

9:30am: pack up and clean up