

## Healing With Nature – fluid itinerary

\*Allow plenty of drive time to arrive

It can take 6+ hrs to drive from the Denver area to Delta with mountain traffic

### **Saturday**

1pm – 2pm: If you are tenting – please arrive closer to 1pm to set up tent – set up and settle in

3pm: Welcome circle/introductions, land w/ 5 senses, tour of land/ history/ space -what is and history of Tantra & short break

4:30pm: Introduction of course and logistics

6:00pm: Potluck dinner

7:30pm: Opening Ceremony

### **Sunday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Root + Earth

11:30am: Lunch break

12:15pm: lunch

1:30pm: Afternoon session: Root + Earth

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

5:00pm: Dinner

7:30pm: Evening Ceremony –

### **Monday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Sacral Chakra + Water

11:30am: Lunch break

12:15pm: lunch

1:30pm: Afternoon session: Sacral Chakra + Water

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

4:30pm: Early Dinner

6:00pm: Desert Field Trip: Way of the water - River + Sunset

## **Tuesday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Solar Plexus

11:30am: Lunch break

12:15pm: lunch

1:30pm: Afternoon session: Solar Plexus

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

5:00pm: Dinner

7:30pm: Fire Ceremony

## **Wednesday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Heart + Air

11:30am: Lunch break

12:15pm: lunch

1:30pm: Afternoon session: Heart + Air

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

5:00pm: Dinner

7:30pm: Evening Ceremony

## **Thursday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast + pack sack lunch

9:20am: Morning Session: Grand Mesa + Forest Bathing Field Trip (sack lunch)

1:30pm: Afternoon session: Channeling Chakra Energy into art

4:00pm: Personal study and preparations for practicum

5:00pm: Dinner

7:30pm: Evening Ceremony

### **Friday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Putting it all together

11:30am: Lunch break

12:15pm: lunch

1:30pm: Afternoon session: Practicums

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

5:00pm: Dinner

7:30pm: Evening Ceremony –

### **Saturday**

7:00am: Coffee/ tea

7:10am: Morning micro-meditation

8:00am: Breakfast

9:20am: Morning Session: Practicums

11:30am: Lunch break

12:15pm: lunch

1:30pm: Practicums

3:00pm: Siesta, study, journal + personal practice. Optional check in with Tara or Vie.

5:00pm: Dinner

7:30pm: GRADUATION!!!!!!

### **Sunday**

7:00am: Coffee/ tea

7:30am: Breakfast

8:45am: Closing space

9:45am: Short service land project

10:30am: Good-byes

#### TO BRING LIST:

- 1) Comfortable clothing for 6 days – be prepared for 50 to 95 degrees. Clothing to keep cool and sun off of face/ hat
- 2) Personal hygiene products. \*Hand soap, bug spray, sunscreen is provided. No perfumed items in the house. My partner gets migraines with certain scented perfumes.
- 3) Bring something white to wear for graduation ceremony.
- 4) Bring black or dark colored clothing for cacao ceremony. The purpose of black will represent shedding of layers or skin for rebirth.
- 5) Bring something, reddish/ brown, orange like, yellowish and greenish to wear. We will wear these colors according to each chakra day. They don't need to be solid in color. They could just be partly that color with other colors mixed in. Just something to represent.... Hat, shirt, jewelry, etc.
- 5) An **already made and prepared item** (this means pre-cut/ ready to serve) for the group potluck for Saturday night. This could be fruit, pre-made mixed salad, chips & salsa, etc, hummus & pre-cut veggies, just something easy that you can buy or is already made at home.
- 6) WATER BOTTLE & MUG (mug is for am coffee/ tea and the cacao ceremony) and Any special snacks or drinks (alcohol free event)
- 7) If you are driving – you are welcome to bring your own extra blanket, pillow or meditation cushion or yoga mat if you have them. We will be on the ground sometimes, especially at night. A couple of Shared Hammocks in shaded areas are available to use.
- 8) Special item for group altar (crystal, poem, charm, etc) You'll receive this item back.
- 9) Slip on and off shoes – barefooting will be encouraged as one of our grounding practices, however we have some prickly grasses on the farm and goatheads, so there are limited barefoot spaces. If you are staying in a private indoor bedroom – **our house is SHOELESS, as well as the tipi**– so please bring shoes that can be easily taken off and on.
- 10) Indoor folks – this is a fragrance free house. Please leave perfumes at home. We share 2 types of low fragrance soap and shampoo for all guests.
- 11) Anything else that will keep you cozy and nurtured 😊
- 12) There will be a limited 5 minute shower time for each person every other day. Towels are provided for everyone. We will go over a schedule in person.

#### ITEMS INCLUDED:

All meals, teas, coffee, morning komboucha and meal supplies  
Shared outdoor and covered living space ( etc)  
Ceremonial supplies (Cacao, special delectables, 5 senses tools & more)  
Some cushions for the tipi only, etc  
Tantric and Meditative Group Sessions, optional short private session during silent meditation,  
Ritual/Ceremonies and more

You are welcome to bring anything to help you feel more comfortable – yoga mat, outdoor blanket, etc.