

Tentative Schedule For Ancestral Womb Wisdom Retreat - subject to change

Feb 16th – 21st: Costa Rica

- Feb 16th - Welcome, Setting/ Opening the Space
 - 1 - 4pm Arrive
 - 4:30 - 5:30pm Welcome, introductions & logistics
 - Dinner
 - 7:30 - 9:30pm Opening ceremony
- Feb 17th - Grounding, Elemental Wisdom & Opening the Body to Receive
 - 7:00 - 7:30am Morning mediation and yoga
 - 9-11am Morning session (Grounding, Opening our own bodies, #stopconnectlistentrust, Lower 4 Chakras)
 - 1-4pm Afternoon session with break (Hike - including elemental wisdom & introduction to ancestral wisdom and healing - 3 types of ancestral energy)
 - 7:30-9:30pm Evening Ceremony (Cacao Heart Opening Ceremony & Ancestral Journey Dance)
- Feb 18th - Healing Feminine Ancestral Energy & Connections
 - 7:00 - 7:30am Morning mediation and yoga
 - 9-11am Morning session - Healing feminine wounds & awakening energy in recent ancestral times
 - 11:30-4pm Afternoon at the beach - Beach lunch, healing with water to activate and awaken the divine feminine, sacred conversations, journal and beach art
 - 7:30-9:30pm – Opening The Body & Yoni Egg Ceremony
- Feb 19th - Healing Extended Wounds, Ancestral Gifts & Meeting Your Ancestors
 - 7:00 - 7:30am Morning mediation and yoga
 - 9-11am Morning session - Healing masculine wounds
 - 2-4pm Afternoon session with break - Finding our ancestral gifts
 - 7:30-9:30pm Evening Ceremony - Guided 4 bloodline connections with ancient ones to find our ancestral guide *Wear Red
- Feb 20th - Free Time & Honoring The Ancient Ones & Shakti Ceremony
 - 7:00 - 7:30am Morning mediation and yoga & check in
 - 9-3pm - Free time to process, RRR or Adventure package options
 - 3-4pm - Check in, Connect and preparing for tonight
 - 7-10pm Honoring The Ancient Ones, Shakti Ceremony & Closing
- Feb 21st
 - 7:00 - 7:30am Morning meditation and yoga
 - 9am- 10:30am Q/A, Closing the Circle, Gratitude & Good