

## EARTH TANTRA

menopause 1 ½ Day Retreat: Sept 2-4<sup>th</sup>/ Saturday & Sunday

### **Saturday, Sept 2nd**

**Arrive between 2 and 3pm: Sept 2<sup>nd</sup>/ Saturday** \*To set up bedroom and tent

*\*If you are traveling from the Denver area. Give yourself at least an extra hour drive time due to heavy holiday traffic. All other areas, give yourself extra time accordingly.*

3:45pm: Locals arrival

4:00pm: Welcome Circle/ tour and dropping into space

5:30pm: Potluck dinner

7-9pm: Walking wheel of time and opening ceremony with mama cacao

### **Sunday, Sept 3<sup>rd</sup>**

7:15am: Overnight guests – early morning meditation & yoga

8am: Breakfast

9am: Locals arrive

9-11:30am: Morning session

11:30-1:30pm: Lunch break

1:30-4pm: Afternoon session

4-5:30pm: Afternoon break – journal, read, swing in hammock, yoga, socialize, just be, meditate, etc

5:15pm: Dinner

6:45-9pm: Yoni Steam Ritual & Closing Ceremony – good-byes

Sunday/ Sept 4th

7:30am: Optional morning meditation & yoga

8:15am: Breakfast

9-10am: Clean up & pack up

