

**Earth Tantra Retreat – fluid and tentative:  
(dependent upon weather and vibe of the group)**

\*Allow plenty of drive time.

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

**Thursday**

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

2:30pm: Welcome circle/introductions, tour of land/ history/ space -what is and purpose of retreat

4:00pm: Land into space and opening of 7 directions, what is tantra, plant medicine & chakra work, importance of clean eating and wellness for retreat

6pm: Potluck dinner

7:30pm: Opening Ceremony + intro to mullein

**Friday**

6:45am: coffee, komboucha or detox tea

7am: Optional Gentle flow yoga

8am: Morning smoothie + light breakfast

9:30am: Cacao discourse

10:30am: Cacao beans + root to heart breath/ chakra work

12:30pm: Lunch/ Main Meal

1:30pm: Siesta – personal time and digestion

3:30pm: Afternoon group tea and preparations for ceremony

4:30pm: Evening light meal – fruit/ veggies

7:00pm: Cacao Ceremony

**Saturday**

6:45am: coffee, komboucha or detox tea

7am: Optional Gentle flow yoga

8am: Morning smoothie + light breakfast

9:30am: Blue Lotus discourse

10:30am: Blue Lotus mini tea ritual

12:30pm: Lunch/ Main Meal

1:30pm: Siesta – personal time and digestion

3:30pm: Afternoon group tea and preparations for ceremony

4:30pm: Evening light meal – fruit/ veggies

7:00pm: Blue Lotus Ceremony

## **Sunday**

7:15am: Optional yoga

8am: Cooked breakfast and smoothie

9am: Close space and good-byes

10am: short give back to the land work project (20 minutes)

10:30am: Good -byes

### **TO BRING LIST:**

- 1) Comfortable clothing for 4 days – be prepared for 50 to 95 degrees. Clothing to keep cool/ 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 white or light purple for the blue lotus ceremony.
- 4) Bring black or dark red colored clothing for cacao ceremony.
- 5) An **already made and prepared item** (this means pre-cut/ ready to serve) for the group potluck for Thursday night. This is a vegetarian and vegan focuses retreat.... You can bring pre-cut fruit, pre-made mixed salad, chips & salsa, etc, hummus & pre-cut veggies, just something easy that you can buy or is already made a home. There won't be time to make something, as you'll "just be" during silent meditation instead of "doing". Tara will be placing the food out buffet style.
- 6) WATER BOTTLE & MUG (mug is for am coffee/ tea and ceremonies) and Any special snacks or drinks (alcohol free event) you'd like to bring on your own – to keep in your cooler in your vehicle at night (we have fox & raccoon) Snacks are provided during the day.
- 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 and outdoor circle** – so please bring shoes that can be easily taken off and on.
- 10) Indoor folks – this is a high 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) Tenter/ campers: bring your own towels. We do not offer showers, but you may use a very limited amount of hose water for a very quick rub down/ cool off – sorry but you won't be able to use soap – water only. Indoor private bedrooms have access to limited 5 minute showers with linens provided.

### **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

Tenters: Shared outdoor toilet, drinking water, hand washing station, etc

Indoor facilities are for private indoor bedroom folks only – thank you for respecting our sensitive septic

You are welcome to bring anything to help you feel more comfortable – yoga mat, journal, art supplies, outdoor blanket, book to read, etc, especially for rest and relaxation siesta times mid day.