

The Art of Intention

This 3-day retreat is designed to give individuals tools to act with more intention. Intention is such a crucial element in the healing process and allows us to access and connect with our own individual spirituality more deeply. Recognizing our intention before journaling, meditating, making a difficult decision, having a conversation, etc. actually helps us ground ourselves in the experience we are having and helps us move forward, set goals, and create the life we want.

This retreat will be limited to 8 guests. For a more intimate experience, we will be splitting into smaller groups for some of the practices.

Schedule of Events:

Friday:

Mid-morning check-in with coffee, tea, and refreshments

Introductions

Stretching/Breathwork

Lunch

Group Body Language Exercise with the Horses

Free Time with options to hike, journal, or rest on the property

Dinner on your own

Sunset Yoga

Saturday:

Breakfast and Welcome

Stretching/Breathwork

Liberty Work with the Horses (1/2 group) and Healing Art Practice (1/2 group)

Lunch

Movement Exploration and Reiki

Guided Writing Exercises and Tarot

Free Time and Dinner on your own (Private Add-on Experiences available during this time)

Sunset Yoga

Sunday:

Breakfast and Welcome

Stretching/Breathwork

Liberty Work with the Horses (1/2 group) and Healing Art Practice (1/2 group)

Lunch

Movement Exploration and Reiki

Optional Group Hike/Free Time

Reflection Time/Sharing Circle

Hors D'oeuvres & Drinks

Dance Party Send-Off

*Price includes all scheduled practices and experiences, breakfast and lunch both days, as well as snacks and drinks.