

Saturday Feb.23rd

Arrival + Welcome dinner

Day 1 - Sunday Feb.24th

Connecting & Settling inward

- 6:00 - 8:00 am Meditation & Yoga
- 8:00 am Breakfast
- 10:00 am Workshop - Wheel of awareness
- 12:00 - 4:00 pm Lunch & free time
- 4:00 pm Workshop - Essential oils & emotions
- 6:00 pm Dinner

Day 2 - Monday Feb.25th

Empathy & other intelligences

- 6:00 - 7:00 am Meditation & Journaling
- 7:00 am Breakfast

Depart from Muse Flower to the elephant sanctuary 8:00 am

- 9:00 am - 1:00 pm Elephant Sanctuary + Lunch

Return to Muse Flower by 2:30 pm

- 4:30 pm Restorative Yoga
- 6:00 pm Dinner

Day 3 - Tuesday Feb.26th

Our identity as women; Brave not perfect

- 6:00 - 8:00 am Meditation & Yoga
- 8:00 am Breakfast
- 10:00 am Workshop - Women, confidence and activism
- 12:00 - 4:00 pm Lunch + free time
- 4:00 pm Workshop - Intuitive photography
- 6:00 pm Dinner

Day 4 - Wednesday Feb.27th

Service - Women empowering women

- 6:00 - 6:30 am Meditation
- 6:30 am Breakfast

Depart from Muse Flower at 7:30 for a day at the center for girls

Depart from the center for girls at 3:45 pm

- 6:30 pm Dinner

Day 5 - Thursday Feb.28th

Connecting with awe

- 6:00 - 8:00 am Meditation & Yoga
- 8:00 am - Breakfast

Depart from Muse Flower at 10:00 am for temple exploration

Return by 6:00 pm

- 6:30 - 8:00 pm Dinner

Day 6 - Friday March.1st

Re-entry - Self care and other actions

- 6:00 - 8:00 am Meditation & Yoga
- 8:00 am Breakfast
- 10:00 am Workshop - Personal North star
- 12:00 - 4:00 pm Lunch + free time
- 4:00 pm Workshop - Essential oils & self care
- 6:00 pm Dinner

Saturday March.2nd

Letting go - closing one experience to start another

- 6:00 - 7:00 am Meditation & journaling
- 7:00 - 9:00 am Breakfast and closing