

## **Awaken Your Heart Women's Retreat**

**September 27 – October 1, 2023**  
**Ponderosa Ranch – Forestburg, TX**  
(Subject to change)

### **Wednesday, September 27<sup>th</sup>**

- |        |   |
|--------|---|
| 3:30pm | <b>Arrivals</b>   |
| 4:30pm | <b>Welcome &amp; Orientation</b>                                |
| 6:00pm | <b>Dinner</b>   |
| 7:30pm | <b>Heart Opening Cacao Ceremony &amp; Sound Healing Journey</b> |

The use of cacao for healing takes root in Central and South America where the ancient Mayan civilization was captivated by its magical benefits and referred to cacao as the “Food of the God”. Cacao was used in spiritual and medicinal ceremonies to connect to one’s inner self and open the heart. We will come together as a tribe to drink ceremonial cacao and set our intention for the retreat ahead. We will then use the power of sound to open energy channels and create sacred space to begin the healing process.

### **Thursday, September 28<sup>th</sup>**

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|---------|--|
| 7:30am  | <b>Healing Yoga</b>  |
|         | We will use yoga as an intentional and calm practice to help you connect to your breath and deepen your inner connection. This practice will prepare your body and mind for the day ahead. |
| 8:30am  | <b>Breakfast</b>   |
| 9:30am  | <b>Group A: Massage &amp; Reiki</b><br><b>Group B: Equine Facilitated Healing</b>  |
| 12:00pm | <b>Lunch</b>   |
| 1:30pm  | <b>Group A: Equine Facilitated Healing</b><br><b>Group B: Massage &amp; Reiki</b>  |
| 4:00pm  | <b>Free Time</b>   |
| 5:00pm  | <b>Group Pow-Wow</b>   |
| 6:00pm  | <b>Dinner</b>  |
| 7:30pm  | <b>Sound Healing Journey</b>   |

## Friday, September 29<sup>th</sup>

7:30am **Healing Yoga**

We will use yoga as an intentional and calm practice to help you connect to your breath and deepen your inner connection. This practice will prepare your body and mind for the day ahead.

8:30am **Breakfast**

9:30am **Group A: Transformational Session with Jenn Miller**  
**Group B: Group Connection Experience with Mark LoPalo**

12:00pm **Lunch**

1:30pm **Group A: Group Connection Experience with Mark LoPalo**  
**Group B: Transformational Session with Jenn Miller**

4:00pm **Free Time**

5:00pm **Group Pow-Wow**

6:00pm **Dinner**

7:30pm **Full Moon Sound Healing Journey & Burning Ceremony**

## Saturday, September 30<sup>th</sup>

7:30am **Healing Yoga**

We will use yoga as an intentional and calm practice to help you connect to your breath and deepen your inner connection. This practice will prepare your body and mind for the day ahead.

8:30am **Breakfast**

9:30am **Group A: Equine Facilitated Healing**  
**Group B: 30-minute PSYCH-K Session with Jenn**

12:00pm **Lunch**

1:30pm **Group A: 30-minute PSYCH-K Session with Jenn**  
**Group B: Equine Facilitated Healing**

4:00pm **Free Time**

5:00pm **Group Pow-Wow**

6:00pm **Dinner**

7:30pm **Full Moon Sound Healing Journey & Burning Ceremony**

**Sunday, October 1<sup>st</sup>**

8:30am

**Breakfast**

9:30am

**Departures**