



Tuesday	Activities	Wednesday	Activities
4:00-6:00PM	Arrivals	7:00-7:45AM	Yin Yoga & Meditation (Optional)
5:30-6:30PM	Energy Cleansing Ceremony	8:00-8:30AM	Breakfast
6:30-7:00PM	Introductions	9:00-12:00AM	Inner Sanctuary Session One
7:00PM	Dinner	12:00-1:00PM	Lunch
8:00PM	Relax and Unwind	1:00-2:00PM	Inner Sanctuary Session One
		2:00 - 5:00PM	3 Hours of Free Time/Session w Audra / Journal
		5:00-6:30PM	Cathedral Rock Vortex
		7:00PM	Dinner
		8:00PM	Relax, Unwind, Journal
Thursday	Activities	Friday	Activities
7:00-7:45AM	Yin Yoga & Meditation (Optional)	7:00-7:45AM	Yin Yoga & Meditation (Optional)
8:00-8:30AM	Breakfast	8:00-8:30AM	Breakfast
9:00-12:00PM	Inner Sanctuary Session Two	9:00-12:00PM	Inner Sanctuary Session Three
12:00-1:00PM	Lunch on-site or To-Go	12:00-1:00PM	Lunch
1:00PM - ?	Free Half Day (Explore/Massage/Session w Audra)	1:30-4:00PM	Indigenous Teachings with Bear
7:00PM	Optional Dinner Available Onsite	4:00-6:00PM	Visit Sedona's Best Crystal Shop!
		6:30PM	Dinner
		7:30-8:30PM	Sound Bath
Saturday	Activities	Sunday	Activities
7:00-7:45AM	Yin Yoga & Meditation (Optional)	7:00-8:00AM	Inner Sanctuary Session Five
8:00-8:30AM	Breakfast	8:00-8:30AM	Breakfast
9:00-12:00AM	Inner Sanctuary Session Four	8:45-10:00AM	Inner Sanctuary Session Five
12:00PM	Lunch	11:00AM	Departure to Airport
1:00PM	Group Hike: Easy or Intermediate		
6:30PM	Dinner		Book Flight After 2:00PM
7:30-8:30PM	Sound Bath		