

## Draft Jamaica Retreat Agenda with Sharna

### Arrival Day –

- **Opening Session on Setting Intentions (4:30 – 5:30 p.m.)**  
The group will come together to do introductions. Sharna will guide an intention setting meditation. Space will be created for attendees to learn how to ground themselves, and to receive these practices. This session will set the foundation for the rest of the weekend.
- **Sunset Cocktails (5:30 – 6:30 p.m.)**
- **Group Dinner (7:30 p.m.)**

### Day 1 –

- **Breakfast on your own either before or after the morning session**
- **Establishing Your Meditation Practice (8:30 – 9:30 AM)**  
Integrating the intention we set the night before, we'll go through the foundations of establishing a mindfulness meditation practice. Sharna will teach the tenets of mindfulness meditation and the healing qualities that meditation offers when practiced consistently. Sharna will begin to share the powerful intersection of meditation and manifestation and how, as humans, we are limitless in our capacity to create our own reality through our thought patterns and emotional systems.
- **Mindful Market Tour with head chef**
- **Cooking Demo, Mindful Eating Teaching & Group Lunch (Noon – 2 PM)**
- **Walking Meditation/Guided Hike**
- **Group Dinner at 7:30 PM**

### Day 2 –

- **Breakfast on your own either before or after the morning session**
- **Mindful Manifestation (8:30 – 10 AM)**  
Sharna will teach the Art of Manifestation through philosophy and a channeled meditation. You'll learn how to align with the thoughts and energies that elevate you to becoming the master of your own reality. As we align our external action with internal intention, magic happens and we begin to experience the joy, peace, success and love we seek. This session will integrate the ancient practice of meditation with the multi-dimensional practice of manifestation.
- **Offsite Excursion (late morning) TBD**
- Afternoon is free for everyone to integrate the work they've experienced by soaking in the sacred land and sun. Also open for spa treatments (cost not included).
- **Final Group Dinner**

### Day 3 –

- **Sunrise Manifestation Meditation (begins whenever sunrise is. Practice is 45 min – 1 hr)**  
Sharna will guide you into the mindful manifestation process by teaching you the steps to putting your intentions into action. You'll learn how to masterfully co-create with the Universe, shedding conditioned fear in exchange for the innate power that lives within.

**Attendees will have breakfast on their own before preparing for departure**

*(Some aspects of the retreat may change upon finalization of the agenda, but main components will remain the same.)*