

HEALING IMMERSION RETREAT 2022 PROGRAM

SATURDAY, 9/24/22

10:00AM | EARTH MANDALA CREATION

We'll initiate our time together with the creation of a sacred earth mandala to honor the land and allow our intentions to combine as we kick off our retreat together. We'll use stones, plants and other found objects from nature to engage our intuitive and creative senses. The process of creating a mandala induces a natural meditation and allows us to spiral our energy in a way that will ground our healing work for the rest of our time together.

11:00AM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

12:00PM | LUNCH

A vegetarian lunch will be provided along with water and tea. You can choose to eat with the group, or find a place on the grounds to eat and reflect.

1:00PM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

2:00PM | INTENTION CANDLES WORKSHOP

with Sarah Peterson, Brujas Buenas

For generations, our families have been burning 7 day candles to put power behind our prayers. The 7 day candle, for us means business, a special and serious request. It is a petition to heavens, our ancestors and divine entities. Traditionally, we dress and bless our candles. We dress them by adding herbs, flowers, oils and other items that have the energy

of our request, and we bless the candles by praying over them. This is how we, the Brujas Buenas create an intention candle. Burning an intention candle as part of your ritual is a safe, yet effective way to produce the results that you are after. It combines the intention with action, to build momentum into your manifestation.

3:00PM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

4:00PM | PROCESS SHARING & MEDITATION

We'll spend the last hour sharing and reflecting on the day's experiences, along with a group meditation.

5:30PM | FALL EQUINOX RITUAL

We will come together in ritual on this first day of the retreat to celebrate the Fall Equinox/Mabon in community. We will set intentions for this next season of the year, as we move more deeply into the divine feminine energy, stillness and the cultivation of release. The ritual is optional – if there are those who would prefer to head back to their lodging after the process sharing and meditation, they are welcome to do so. These decisions can be made during the day on Saturday.

7:00PM | LODGING DROP OFFS

SUNDAY, 9/25/22

10:00AM | CHECK INS & MEDITATION

We'll begin our day with an opening meditation and the opportunity to check in, reflect and share before diving into the day's healing and activities.

11:00AM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

12:00PM | LUNCH

A vegetarian lunch will be provided along with water and tea. You can choose to eat with the group, or find a place on the grounds to eat and reflect.

1:00PM | ACUPRESSURE, QI GONG & AUTUMN: THE METAL ELEMENT

with Dr. Meghan Sultana, LAc

The season of Fall belongs to the Metal element in Traditional Chinese Medicine, a season of understanding value and balancing inspiration with letting go. In this workshop, we'll explore the Metal Meridians and their mind-body-spirit associations, along with embodiment practices of Qigong exercises and guided self-acupressure for aligning with the energy of the season. Meghan is a Doctor of Acupuncture & Chinese Medicine in Santa Fe, with a mind-body acupuncture practice that treats our whole being.

2:00PM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

3:00PM | GONG BATH & SOUND HEALING

with Sui Li Ki

Experience the healing sound of Planetary Gongs and Tibetan Bowls to relieve stress and to restore our body, mind, and spirit to the natural harmony. Sui Ki Li is a teacher, energy healer and recording artist. Originally from Hong Kong, he brings his sensitivity, multi-cultural, and life-long learning experience into his playing. Those who hear him play describe it as centering, blissful and transforming.

4:00PM | PROCESS SHARING & MEDITATION

We'll spend the last hour sharing and reflecting on the day's experiences, and closing out our day together in group meditation.

5:00PM | CLOSING & LODGING DROP OFFS

MONDAY, 9/26/22

10:00AM | CHECK INS & MEDITATION

We'll begin our day with an opening meditation and the opportunity to check in, reflect and share before diving into the day's healing and activities.

11:00AM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. Optionally all participants can elect to receive Reiki or focus on one of the guided self-healing activities.

12:00PM | LUNCH

A vegetarian lunch will be provided along with water and tea. You can choose to eat with the group, or find a place on the grounds to eat and reflect.

1:00PM | CEREMONIAL YIN YOGA

with Angela Kristiansen, BSBA, E-RYT200, RYT-500, Integration Nutrition Certified Life Coach

Yin Yoga is slow-paced style of yoga, with asanas (postures) that are held for longer periods of time than in other styles. The sequences of postures are meant to stimulate the channels of the subtle body known as nadis in Hatha yoga. A more meditative approach to yoga, its goals are awareness of inner silence, and bringing to light a universal, interconnecting quality. Angela has been guiding yoga, meditation and breath for 10 years. She believes the ultimate transformation is when we can embody all of our mental, emotional and spiritual shifts in awareness. Angela guides a deeply spiritual practice with intentions for allowing any suppressed stressful experiences to loosen and rise to the surface, bringing them into conscious awareness. As we integrate the unconscious programs that were once running the show, we become more embodied and authentic.

2:00PM | REIKI SESSIONS / SELF-HEALING

Reiki 2 and above practitioners can elect to practice on others and learn new skills under Sharna's supervision. All participants (including practitioners) can elect to receive Reiki or focus on one of the guided self-healing activities.

3:00PM | PROCESS SHARING & RETREAT CLOSING MEDITATION

We'll spend the last hour sharing and reflecting on the entire retreat experience, and closing out our time together in group meditation.

4:00PM | RETREAT COMPLETION