

# Your Next Season

## A Wellness Retreat

September 12-14, 2025

### Friday 9/12

- 4:30 PM** Check-In and Mixer – Room 204
- 5:15 – 5:45PM** Rhythm & Rootz Ceremonial Dance – Room 204

### Saturday 9/13

- 8:30 – 8:55AM** Morning Discussion and Reflection – Room 204
- 9:00 – 10:30 AM** Cacao Ceremony & Breathwork – Labyrinth
- 10:30 – 11:45 AM** Reflective Art Creation w/ light snack – Room 204
- 12:00 – 1:15PM** Qigong – Outside near entrance
- 1:15 – 2:15 PM** Lunch: Outdoor Picnic, location TBD
- 2:30 – 4PM** Personal Time
- 4:00 – 5PM** Past to Future Hypnosis Experience – Room 204
- 5:00 – 6PM** Dinner – Room 204

### Sunday 9/14

- 6:30 – 7:15 AM** Meditative Lantern Walk and Smudging Ritual
- 7:30 – 8:30 AM** Questions/private feedback/discussions – Room 204
- 8:30 – 10:30 AM** Personal time until checkout

