

Spiritual Group Retreat: Discovering Your Soul's True Purpose

Day 1 – Arrival

Please plan to arrive in Sedona the day before the group retreat is scheduled to begin. Check into your accommodations and get a good night's sleep.

Day 2 - Deepening the Soul

Sessions will start promptly at 10 am each day. On the first day of the retreat the sessions will focus on spiritual perspectives and letting go of outdated dogmatic beliefs that prevent us from experiencing the richness of a deeper spirituality. We will also experience techniques to activate and balance energy.

9:30 - 10:00 Registration & Introductions

10:00 - 12:00 Tools for Deepening the Soul (Inside)

We'll begin the retreat with some tools to help you enter into stillness. The essential question we are seeking to answer requires that we "un-tether" the soul from the egoic mind in order to hear your own Divine guidance. In this session we'll explore how you can utilize the breath, mantras, and sound to re-balance yourself and heal.

2:00 - 4:00 Vortex Intention Setting (Outside)

We'll go out into the red rocks during your Spiritual group retreat and get off the beaten path to visit a very special power spot where you will set your intention for the next season of your life.

Day 3 - Inner Vision / Outer Manifestation

Today we will learn the specific tools necessary to go deep within ourselves to find our own answers. These tools will not only enhance your own intuitive power, but also improve your ability to manage stress and manifest your inner vision into your outer reality.

10:00 – 12:00 Tools for Empowerment

Create a self-mantra to help you move forward in your life. Go deeper with your breath-work. The talking stick allows you to express your innermost feelings in a safe and supported atmosphere.

2:00 – 4:00 Sacred Geometry

Creating Your Own Mandala. Meaning "sacred circle" in Sanskrit, mandalas are used to facilitate meditation in various spiritual traditions and are also used in sacred rites as a transformative tool to assist with healing. Circles have been recognized as powerful symbols in many cultures around the world because they appear almost everywhere in nature. In this session you'll create a symbol to represent your journey through life and your intention for your life.

Day 4 - Owning Your Life

As participants become more attuned and aligned with their spiritual body, our attention naturally turns to the question of how we live in harmony with our highest purpose and do so with joy and passion. After all, this is the whole point of practical spirituality!

10:00-10:15 Gong Bath

Using one of the oldest instruments on Earth, we'll invite you to experience release and a deeper level of stillness during this session.

10:15-11:00 Tools for Empowerment

Becoming present enough to look at your life's purpose, and being mindful in everything you do, you naturally develop your own gifts, attract the right people into your life, and choose a healthy lifestyle.

11:00-12:00 Living Your Purpose With Passion

Are you on your path? If not, what course corrections do you need to make at this moment? As we end our time together we will integrate all your insights and perspectives. New layers are discovered to your personality. A new and relevant life is discovered. Re-claim your neglected strengths...become the curious explorer you've always yearned to be!