

Women's Group Retreat Itinerary: Accessing the Divine Feminine

Day 1 - Arrival

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

Day 2 - Life Review & Clearing

9:45 am - Registration (Meet at promptly at the SpiritQuest office.)

10:00-11:00 Tools for Empowerment. (Inside)

This session will focus specifically on the tools necessary to effectively process your emotions in healthy way and gain perspective on your life's challenges. Learning how to utilize breath, meditation and positive affirmation to enrich our lives and to provide balance and centering, while also letting go of outdated, dogmatic beliefs that prevent us from experiencing the richness of ourselves and others. RA MA DA SA <https://youtu.be/3KGxvp8HQXI>

11:00-12:00 Tools for Building Content. (Inside)

During this session each woman will be encouraged to speak and open her heart, then create a manifestation soul pouch.

2:00-4:00 Ceremony of Letting Go. (Outside)

Now it's time to open your Soul pouch and clear all that's been holding you back. Give your limitations and troubles to this sacred land. This session takes place out on the incredible Red Rocks of Sedona!

Day 3 - Empowering Your Life Vision

Today we will commune with Mother Earth by venturing out onto the sacred land of Sedona. We'll also continue learning the tools necessary to go deep within ourselves to find our own answers and invite in the empowerment we all deserve. The focus will be on living in the present moment and being mindful in everything you do.

10:00-11:00 Tools of Empowerment. (Inside)

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

11:00-12:00 Tools for Building Content. (Inside)

Learn about and create your own personal ceremony. What do you need right now in your life? How will you go about creating it? In this session you will begin to envision your life moving forward and will devise a "plan" to get there.

2:00-4:00 Ceremony of Manifestation. (Outside)

Open your heart as you connect with the vortex energies of Sedona. Feel your empowerment ushered in as you get clear about your path and how to step forward. This session takes place out on the incredible Red Rocks of Sedona!

Day 4 - Living in Joy & Serenity

As participants become more attuned and aligned with their spiritual body, our attention naturally turns to the question of how we live according to our highest purpose and do so with joy and passion. Today you'll learn to begin manifesting your inner vision into your outer reality

10:00-10:30 Power of the Gong Bath. (Inside)

The gong is especially useful for managing the egoic mind and stepping into a place of stillness and strength. Experience the soothing release provided in this segment.

10:30-12:00 Tools for Building Content. (Inside)

How does the Goddess show up in your life? Do you recognize your own Divinity within? Do you feel a part of all creation? Can you connect with the power of now and leave the past behind? You are the master of your own destiny! Learn to live in peace and serenity.