



VITALITY

LifeBreath Women's Retreat

Wednesday, May 6

- 1–4 PM: Resort Amenities
- 2:30–3 PM: Meditation
- 3:30–4:15 PM: Yoga
- 4–5 PM: Registration & Check-In
- 5–5:30 PM: Property Walk-Through
- 6–7:30 PM: Dinner and Introductions
- 7:30–8 PM: Special Evening “get to know ya” Event
- 8–9:30 PM: Fire, Sacred Sisters, and more!

Thursday, May 7

Morning

- 6–9 AM: Coffee's on!
- 7:30–8 AM: Tai Chi and Energy Medicine Daily Routine
- 8–8:30 AM: Morning Meditation
- 8–9:15 AM: Breakfast
- 9:30–10:30 AM: Integrating Western & Alternative Medicine or Morning Hike
- 11:15 AM–12:15 PM: Crystal Connections or Yoga

Afternoon

- 12:30–1:30 PM: Lunch and Learn Lecture | *The Art of Allowing for Radiant Health & Well being*
- 1:30–2:30 PM: Race, Games, and Team Building
- 2:45–3:45 PM: Self Defense (and Martial Arts Demo) or Reiki and Sound Healing Group Experience
- 4:15–6 PM: LifeBreath

Evening

- 6:30–7:30 PM: Dinner
- 7:30–9 PM: Pajama Party, Joke Telling, and Games
- 8:30–10 PM: Smores and Fire

Please note schedule may be subject to change. All Meals will be provided as a group and no dining reservations are needed.



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LifeBreath Women's Retreat

Friday, May 8

Morning

6–9 AM: Coffee's on!

7:30–8 AM: Tai Chi and Energy Medicine Daily Routine

8–8:30 AM: Meditation with Sacred Geometry

8–9 AM: Breakfast

9–10 AM: HIIT Fitness or Pantry Reset for Maximum Health

10:15 AM–11:15 PM: Yoga or Heart Math

11:30–12:30 AM: LifeBreath and Sound Healing or Morning Hike

Afternoon

12:30–1:30 PM: Lunch and Learn Lecture | *Natural Approaches to Inflammation*

1:45–2:45 PM: Yoga or Journey through the Chakras with Sound

3–4 PM: Know your Numbers or Core, Floor and More - Workout for all levels

4:15–5:15 PM: Spirit Dance or Personal Integrative Medicine

Evening

6:30–7:30 PM: Dinner

8–9 PM: Team Fun

Saturday, May 9

6–9 AM: Coffee's on!

7:30–8 AM: Tai Chi and Energy Medicine Daily Routine

8–8:30 AM: Tapping

8–9 AM: Breakfast

9:30–10:30 AM: LifeBreath

11 AM : Check-Out

11–12 PM: Boxed Lunches

Please note schedule may be subject to change. All Meals will be provided as a group and no dining reservations are needed.