

MINDFUL MOSAIC® WOMEN'S RETREAT ITINERARY

FRIDAY

6:00 - 7:00 PM ARRIVE AT HEARTSEASE MANSION FOR A RELAXED WELCOME DINNER

7:00 - 8:00 PM INTRODUCTION TO THE MINDFUL MOSAIC PROGRAM AND MEET YOUR HOSTS

SATURDAY

8:30 - 9:30 AM HEALTHY BREAKFAST SERVED AT HEARTSEASE MANSION

10:00 AM- 1:00 PM ROOT & SACRAL CHAKRA PROGRAMMING MEDITATION ON THE LAWN / JOURNALING BY THE WATER

1:00 - 2:00 PM HEALTHY CHAKRA LUNCH SERVED AT HEARTSEASE MANSION

2:00 - 5:30 PM BREAK (FREE TIME TO ENJOY ACTIVITIES LIKE MASSAGE,HIKING,MEDITATION, ETC.)

5:30 - 6:45 PM SUNSET HATHA YOGA

7:15PM - 8:15 PM CHAKRA DINNER SERVED AT HEARTSEASE MANSION

SUNDAY

8:30 - 9:30 AM HEALTHY BREAKFAST SERVED AT HEARTSEASE MANSION

10:00 AM - 1:00 PM SOLAR PLEXUS & HEART CHAKRA PROGRAMMING

1:00 - 2:00 PM HEALTHY CHAKRA LUNCH SERVED AT HEARTSEASE MANSION

2:00 - 5:15 PM BREAK (FREE TIME FOR MASSAGE, MEDITATION, HIKING ETC.)

5:15 - 5:45 PM GROUP TALK

5:45 - 6:45 PM SUNSET HATHA YOGA

7:15 - 8:15 PM CHAKRA DINNER SERVED AT HEARTSEASE MANSION

MONDAY

8:00 - 9:00 AM SUNRISE HATHA YOGA

9:00 - 10:00 AM HEALTHY BREAKFAST SERVED AT HEARTSEASE MANSION +
CHECKOUT

11:15 AM - 1:00 PM THROAT, THIRD EYE & CROWN CHAKRAS PROGRAMMING

1:00 - 2:00 PM HEALTHY CHAKRA LUNCH SERVED AT HEARTSEASE
MANSION

1:45 - 3:00 PM CLOSE OF PROGRAM

