

EMBODIED EXPANSION RETREAT SCHEDULE

FRIDAY AFTERNOON ARRIVAL-

TURTLE SWIM AT CARL SMITH (OPTIONAL)

DINNER

INTRODUCTION GAMES

BEDTIME STORY with YEMAYA (Setting up our mystical dream space)

SATURDAY

8AM- LIGHT BREAKFAST

9AM- Outdoor QI GONG PRACTICE INTRO

11- KAIMU MARKET/ Community experience with BRUNCH FOOD OPTIONS

12:30 - KEHENA BEACH OR MERMAIDS PONDS

4:30 - 6PM SHADOW SHARING CIRCLE with YEMAYA

6 -7 LIGHT DINNER

7:15 -9:15 KIRTAN, CACAO, RAPE (OPTIONAL) WITH YEMAYA, SARA and GUEST TEACHERS.

SUNDAY

8- BREAKFAST

9AM- RESTORATIVE YOGA with SARA

10AM - CREATING SACRED SPACE FOR SELF with YEMAYA

10:30 - DEPART FOR DANCE (OPTIONAL) OR STAY AND REST, WALK the JUNGLE NEIGHBORHOOD...

1:30 Return to COCO WASI

3:30 - INTENTION SETTINGS / CIRCLE CEREMONY (with GUEST TEACHERS)

6 - DINNER

8- BEDTIME STORY with YEMAYA

MONDAY-

8AM - BREAKFAST

9- Outdoor QI GONG with YEMAYA

10:30 - - GENE KEYS + ACUPUNCTURE POINTS with ARIYAH

12:30 - LUNCH (INTRO TO FAWNI'S WORK/ ARIYAH/ YEM / LUCY)

AFTERNOON OPEN FOR HEALING SESSIONS OR FREE TIME

6 - DINNER

TUESDAY -

8- BREAKFAST

9 - STUDENT LED PRACTICE OR LUCIA AND ALICIA

10:30 SOMATIC TRAUMA HEALING BODYWORK CLASS + DEMO with YEMAYA

1 - LUNCH

2:30 - 4:30 SOMATIC BODYWORK DEMO + PRACTICE WITH YEMAYA

BREAK

6- DINNER AND PLAY TIME INTEGRATION

WEDNESDAY -

8- LIGHT BREAKFAST

9 - YOGA/ QI GONG OR MORNING WALKS

11 - BRUNCH

12- 1-30 SOMATIC BODYWORK PRACTICE with YEMAYA

3:30- MIGHTY MAGICAL MITOCHONDRIA with LUCY

4:30 TO 6 - COHORT FEAST MAKING guided by Lucy

8 - BEDTIME STORY in Temple Space with YEMAYA

THURSDAY

9- Outdoor QI GONG

11- BRUNCH

1 - VOLCANO JOURNEY/ HIKE/ VOLCANO FARMERS MARKET DINNER

FRIDAY

8- BREAKFAST

10 TO 11:30 YEM - FREEDOM DANCES with YEMAYA

12 - LUNCH

1:30 - 3:30 - NEXT LEVEL INTUITION DEVELOPMENT CLASS WITH FAWNI

4 - MERMAIDS PONDS SWIM OR WARM PONDS

6:30 DINNER

SATURDAY

6AM- BREAKFAST

7- WAIPIO VALLEY OVERLOOK CEREMONY DEPARTURE

10- WAIMEA MARKET

12:30 - KONA SIDE BEACH DAY (USING FAWNI'S TEACHING) with YEMAYA AND FAWNI AS GUIDES

6:30 - DINNER ON THE WEST SIDE / HAWAIIAN MUSIC

SUNDAY

BRUNCH AND CLOSING CIRCLE