



# PARDON YOU,

# DO I KNOW ME?

**All sessions last from 90 to 120 minutes**

## **FRIDAY EVENING**

### **Stuck in the Q of L?**

Are you stuck in the quagmire of the labels you have acquired throughout your life? Together we will take stock of these labels and consider the one label that really matters!

## **SATURDAY**

### **AM**

#### **Help! I'm drowning!**

Do the expectations of others pull you under, not allowing you to have time to consider what is important for yourself? In small groups, compare lifelong expectations, how realistic they are, and how they align with your own. Are you indeed dancing someone else's dance?

### **PM**

#### **Creation!**

A surprise activity! We are really excited about this session, but do not want to spoil the surprise!

### **Evening**

#### **Cooperative Games**

## **SUNDAY**

### **AM**

#### **Dancing with our Being**

What if you had the secrets of what emotionally healthy people have in common? What if you could recognize those sneaky little habits that sabotage your movement towards being your best? Be ready for self-reflection and a game of charades to sort all this out!



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**PM**

## **On Becoming**

Part of knowing who we are is know who we were, and we are not talking about the time since you were born! We are talking about a Past Life Regression! What past lifetime has the most influence on this one? You will find out during this session! Plus, design action steps to take in the present time!

## **Evening**

### **Open Mic Night!**

Share who you are with your music, stories, poetry reading, acting... we can't wait to see what you have to share!

**MONDAY**

**AM**

## **Being a Clear Mirror**

How often do you see life's events clearly and how often to you see what your thoughts tell you to see. Lots of drama and movement in this session!

**PM**

## **Pardon You, Do I Know ME?**

What can nature tell us about ourselves? And, you will be able to create your personal life seal!

## **Evening**

### **Vision Walk**

Find the answer to a burning question from unexpected sources!



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**TUESDAY**

**AM**

**Finding Stillness**

Focus is everything when seeking answers and you will practice several exercises that will build your ability to focus.

**PM**

**Practicing Oneness**

In a very special, spectacular location, you will practice oneness in a way never done before!

**No Evening Activity**

**WEDNESDAY**

**AM**

**Honor Drumming:**

A sacred drumming ceremony to honor you.

**PM**

**Creation, Part 2! Another special, secret activity! Again we do not want to spoil the surprise, but you will be so pleased!**