



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!