

Living in Joy and Beauty
A retreat for people with
unexplained moods

July 16-17, 2021

Join us and find your
Point of Calm

SCHEDULE FOR LIVING IN JOY AND BEAUTY

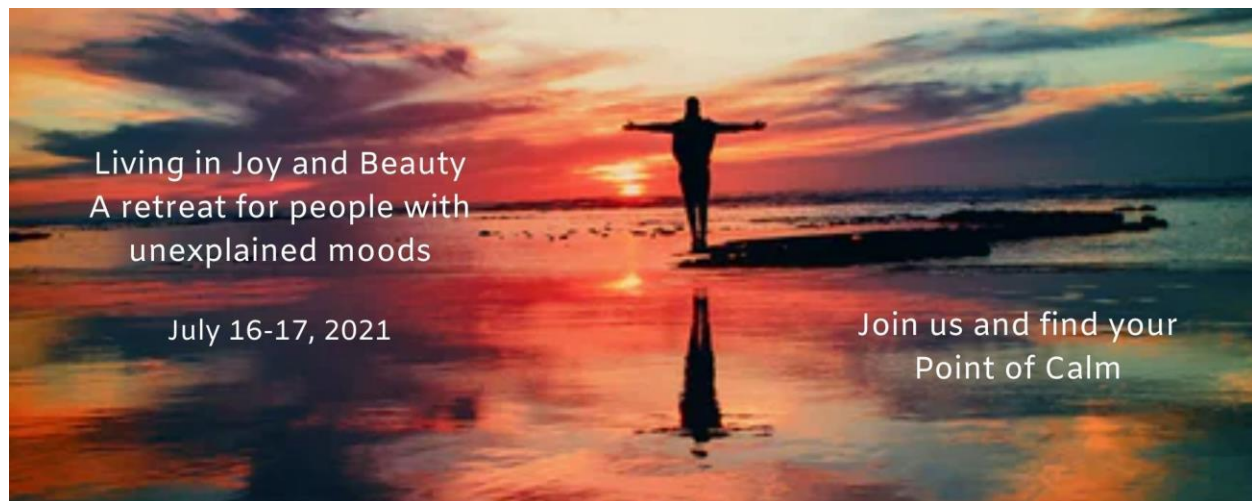
Friday and Saturday will see participants receiving their massages at Dewa Spa and learning in small groups. Saturday will also include one-on-one indigenous style healing sessions.

Friday, July 16

- 3:00 PM: Arrive and settle into rooms
- 3:30-6:00: Individual Massages and small group sessions on energy*
- 6:00 – 7:00: Free time. .
- 7:00 - Dinner
- 7:45 or 8:00 Session on working with the element of fire and Bonfire

Saturday, July 17

- 8:00 – 9:00 Breakfast
- 9:00 – 9:30 Optional Guided Imagery or Spiritual Hiking (sign up the night before)
- 10:00 – Noon Massages, small group sessions on energy*, and one-on-one's for energy work
- Noon Lunch
- 1:00 -5:00 Massages, small group sessions on energy*, and one-on-one's for energy work
- 5:00 – 6:00 Whole group: How Energy can Create and Affect our Moods
- 6:00 – 7:00 Free Time. During your free time, you can make use of the pool, fitness room, tennis courts (if available), take a hike, meditate in the garden, sit on the deck and sip tea, explore the book store and read, chat with newly found friends, check in with family and friends back home, take a nap or any other activity you choose. One or more facilitators are always available for conversation.



7:00 Dinner

8:00 Question and Answer on content shared Friday and Saturday

*Sessions on Energy on Friday and Saturday

1. Being Grounded
2. Recognition of energy all around us.
3. The energy of fire and water.
4. The energy of the four directions.
5. Sensing the energy of each other.
6. Recognizing the difference in energies in nature, water, and when in the buildings.
7. Being love and compassion
8. Practicing being grounded and love and compassion during somewhat chaotic energy
9. Achieving a meditative state

Sunday, July 18

8:00 – 9:00 Breakfast

9:00 – 9:30 Optional Guided Imagery or Spiritual Hiking

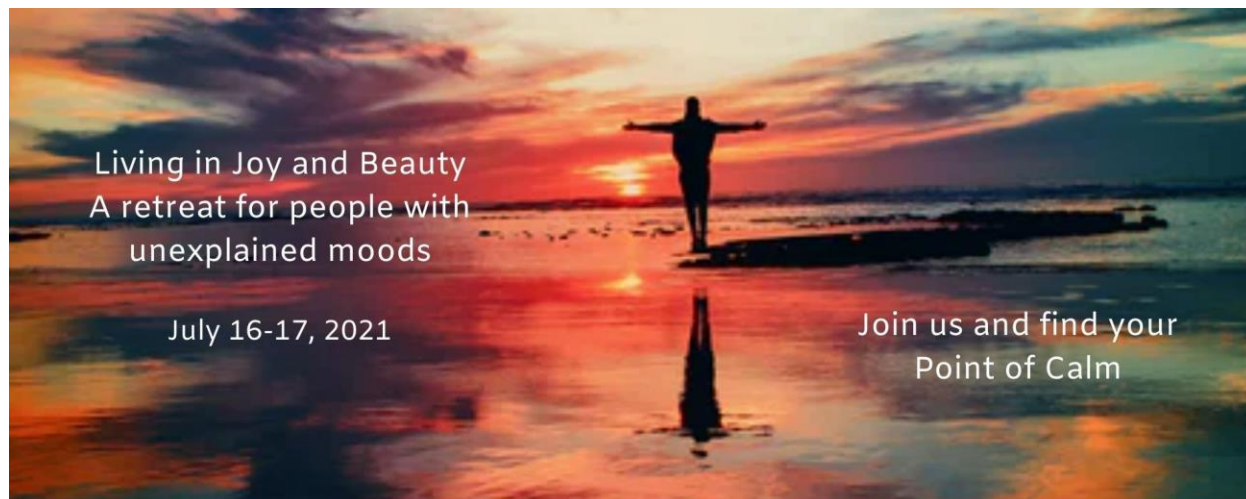
10:00 – 11:30 Preparation for sweat lodge:

1. Reviewing the energy of fire and water
2. Reviewing the energy of the four directions
3. Understanding the grandfathers (the stones used by the fire keeper to put in the lodge).
4. What to do if you have a vision or other profound experience.
5. Make gifts to honor the sweat lodge leaders.
6. Protocol when interacting with leaders.

11:30 to Noon: Free time

Noon: Lunch

1:00 – 4:00 Sweat Lodge



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4:00 – 5:00 Journaling and discussion of sweat lodge experience

5:00 – 7:00 Free Time

7:00 Dinner

Monday, July 19

8:00 – 9:00 Breakfast

9:00 – 9:30 Optional Guided Imagery or Spiritual Hiking

10:00 – 11:00 Sound Bath Healing Meditation

11:00 - 11:45 Journaling and discussion of the Sound Bath Healing Meditation experience

Noon: Lunch

1:00 – 4:00 Creating Your World of Joy and Beauty

1. Mindfulness practices
2. The Universal Laws according to the Cayce Readings and bringing people into our world.
3. Thought patterns and the energy around us.

4:00 – 6:00 Free Time

6:00 - 7:00 Colors and your Moods

7:00 Dinner

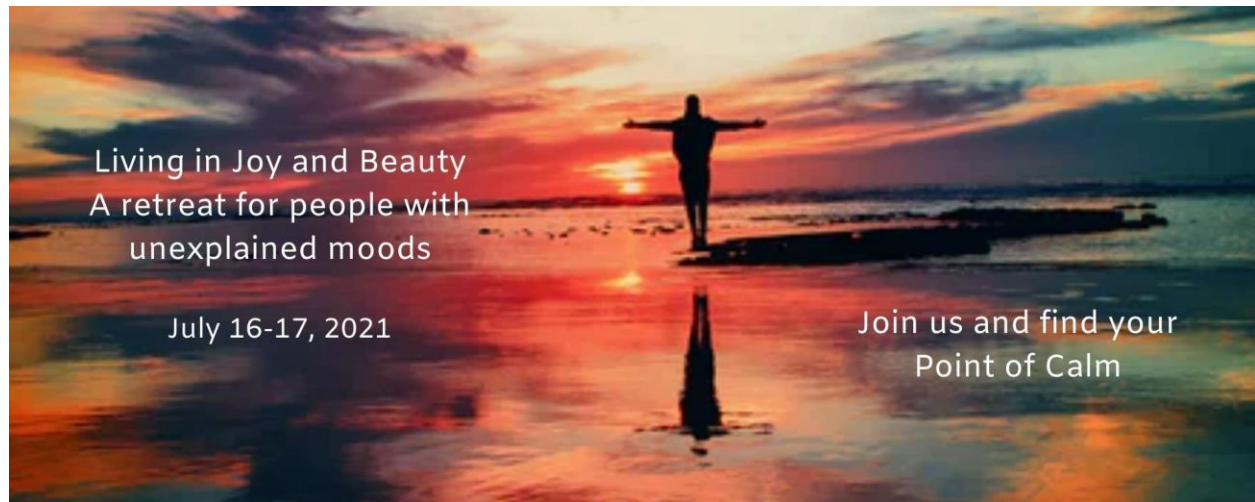
Tuesday, July 20

8:00 – 9:00 Breakfast

9:30 – 11:00 Exploring Pantherkill Stream and honoring the naga

11:00 – Noon: Paying Attention to Other Ways Our Sensitivities Speak to Us, part one

1. Reading people.
2. Communicating with spirit people



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3. Everyday life

Noon: Lunch

1:30 – 3:30 Paying Attention to Other Ways Our Sensitivities Speak to Us, part two

4:00 – 5:00 Handling New People and Environments

5:00 – 7:00 Free Time

8:00 All about the Woodstock trip and having the opportunity to use all that has been learned.

Wednesday, July 21

8:00 – 9:00 Breakfast

9:00 – 10:00 checking out of rooms

10:00 – 2:00 Woodstock trip and lunch

2:00 Closing Ceremony