

Day 1

- 3:00 Arrival & Check-In Begins
- 5:30 Welcome Reception (Heavy Hors D'oeuvres Served)
- 7:00 "Heal" Movie Night

Day 2

- 7:00 Guided Meditation & Gentle Yoga
- 8:00 Breakfast (Provided)
- 9:00 Welcome/Introductions
- 10:15 Identify Your Strongest Reasons for Living
- 12:15 Lunch (provided) Optional Reflection and Free Time
- 2:00 Learn to Empower Yourself on Your Healing Journey
- 3:30 Access and Strengthen Your Intuition
- 5:00 Dinner On Your Own. Free Time to Explore or Relax and Rejuvenate

Day 3

- 7:00 Guided Meditation & Gentle Yoga
- 8:00 Breakfast (provided)
- 9:00 Vitamins, Minerals and Supplements as Healing Tools
- 10:30 Learn to Accept Love and Support From Others
- 12:00 Lunch on Your Own
- 2:30 Strengthen Your Immune System Through Nutrition
- 5:30 Anti-Cancer Cooking Class & Group Dinner

Day 4

- 7:00 Guided Meditation & Gentle Yoga
- 8:00 Breakfast (provided)
- 9:00 Deepen Your Spiritual Connections
- 10:45 Bonus Factor: Exercise
- 12:00 Lunch (provided) Optional Reflection and Free Time
- 2:00 Exercise Opportunities with Instruction/Coaching
- 5:00 Dinner On Your Own - Free Time to Explore or Relax and Rejuvenate.

Day 5

- 7:00 Guided Meditation & Gentle Yoga
- 8:00 Breakfast (included)
- 9:00 The Biology of Belief - Epigenetics
- 12:00 Lunch (provided) Optional Reflection and Free Time
- 2:00 Actively Cultivate Positive Emotions Which Promote Healthier Biology
- 3:30 Release Suppressed Emotions Which Can Block our Journey to Wellness
- 5:00 Dinner On Your Own. Free Time to Explore or Relax and Rejuvenate
- 7:00 Final Night Reception & Guest Speaker

Day 6

- 7:00 Guided Meditation & Gentle Yoga
- 8:00 Breakfast (provided)
- 9:00 Retreat Review. Finish Personal Action Plans
- 11:00 Complete Retreat Feedback Form
- 12:00 Farewell