



Sedona
Womens Healing Immersion

Itinerary:

Wednesday September 11th, 2019

3 pm: Check in

4 pm: Welcome to Mago

4:30 - 5:30 pm: Walking Vortex Tour of Sedona Mago Retreat (approx. 2 miles)

5:30 - 6:30 pm: Dinner

7 – 7:30 pm: Welcoming Meditation-Ilchibuko or MJ

7:30 – 8 pm: Meet the Team (five minute self-introductions)

7:30 – 8:30 pm: Lifestyle Medicine: Unleashing the Power of Self Care-Dr. Saray Stancic

8:30-9 pm: Q & A

9-9:30 pm: Sleep Preparation Exercise (Toe Tapping)

Thursday, September 12th

7 – 8 am: Breakfast

8:30 – 9:30 am: Ki Energy-Tapping into your Life Force

9:45 – 11:15 am: Screening “Code Blue Doc”

11:30 -12 pm: Q&A with Dr. Saray Stancic

12 – 1 pm: Lunch

1 -3 pm: Personal Reflection Time

Extra Activities include Acupuncture with Dr. Diana Mendoza, Light Therapy with Michelle Boyer PA, Brain Flexibility Exercise, Massage or Nap

3:15 – 4:15 pm: The Secrets of Nutrition Dr. Diana Mendoza

4:15 – 4:45 pm: Chronic Pain to Inner Peace – A Personal Journey

4:45-5:30 pm: Pain Management: from Medications to Light Michelle Boyer PA

5:45- 6:45 pm:-Dinner

7 – 8:30 pm: The Healing Properties of Meditation –Dr. Stancic and Ilchibuko Todd

8:45- 9:15 pm: Sleep Preparation Exercise: Wooden Pillow

Friday September 15th

7 – 8 am: Breakfast

8 – 8:30 am: *Optional* Open Chronic Pain Anonymous Zoom meeting

8:45 – 9:30 am Neuroplasticity Exercise with Linda Yoonjin

9:45 – 11:45 am: How to Live an Intentional Life: The 120 Steps

12 – 1 pm: Lunch

1 – 3 pm: Personal Reflection Time

Extra Activities: *additional fee* Acupuncture with Dr. Diana Mendoza, Chakra Reading or Massage Light Therapy with Michelle Boyer PA, Brain Flexibility Exercise, or Nap

3:15 – 4:15 pm: What if it's Easy? Creating a Plant Based Food Plan–Eric Seif

4:30 – 5:30 pm: Plant Based Shopping -Rebekah Hinds Whole Foods Team Educator

5:45 – 6:45 pm: Dinner

7-8:30 pm: Panel Session

8:45 – 9:30 pm: Sleep Preparation Exercise: Wooden Pillow

Saturday September 14th

7 – 8 am: Breakfast

8 – 8:30 am: *Optional* Open Chronic Pain Anonymous Zoom Meeting

9:00 – 10:30: An Introduction to Mindful Self Compassion – Cassandra Graff

12 – 1 pm: Lunch

1 – 3 pm: Personal Reflection Time

Extra Activities: *additional fee* Acupuncture with Dr. Diana Mendoza, Chakra Reading or Massage. Private Sessions with Cassandra Graff, Light Therapy with Michelle Boyer PA, Brain Flexibility Exercise, or Nap

3:15 - 4:15 pm: The Secrets of Nutrition – Healing from the Inside Out-Dr. Diana Mendoza

4:30 – 5:30 pm: Creativity and the Divine Feminine – Sheron Foster

5:45 – 6:45 pm: Dinner

7 – 9:30 pm: Full Moon Meditation and Release Ceremony-Ilchibuko Todd

Sunday, September 15th

7 – 8 am: Breakfast

8 – 8:30 am: *Optional* Open Chronic Pain Anonymous Zoom Meeting

8:45 – 9:45 am: Setting Your Intentions 120 Steps

10 – 11 am: Embracing Change / Q&A Team Members

11 – 11:30 am: Checkout

11:30 am: Lunch and Farewell