





FINDING TRUE SELF

4-DAY RETREAT SCHEDULE



A curated journey of guided practices, thoughtful learning, and intentional rest to help you reconnect, reset, and return home renewed.

TIME	 DAY 1 ARRIVAL & ORIENTATION	 DAY 2 GROUNDING & AWARENESS	 DAY 3 INTEGRATION & CLARITY	 DAY 4 REFLECTION & CONTINUATION
7:00 - 8:30 AM		Breakfast	Breakfast	Breakfast
8:30 - 9:15 AM		Guided Outdoor Practice	Guided Outdoor Practice	Guided Outdoor Practice
9:30 - 11:30 AM		Guided Session	Guided Session	Program Wrap-up (around 10:30 am)
11:30 AM - 1:00 PM		Lunch	Lunch	Lunch
1:15 - 1:50 PM		Breathing & Relaxation (Optional)	Breathing & Relaxation (Optional)	
2:00 - 5:15 PM		Guided Experience	Guided Experience	
5:30 - 7:00 PM	Dinner	Dinner	Dinner	
7:00 - 8:30 PM	Orientation	Integration Session	Integration Session	

*Program schedule may change depending on weather and retreat flow.



3500 E Bill Gray Rd. Sedona, AZ 86336
928.204.3391
sedonamagoretreat.org