






SEDONA WELLNESS RETREAT



5-DAY RETREAT SCHEDULE

A restorative journey of mindful practices, nature immersion, and intentional rest to help you reconnect with balance, clarity, and well-being.

| |  DAY 1 ARRIVAL & ORIENTATION |  DAY 2 AWARENESS & RESTORATION |  DAY 3 HEALING & INNER CLARITY |  DAY 4 INTEGRATION & CONNECTION |  DAY 5 REFLECTION & CONTINUATION |
|--------------------|--|--|--|---|--|
| TIME | | | | | |
| 7:00 - 8:30 AM | | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:30 - 9:30 AM | | Outdoor Exercise @ Healing Garden | Outdoor Exercise @ 120 Steps Reflection Meditation | Wellness Healing Qigong | Wrap Up 8:30am - 10:00am |
| 9:45 - 11:30 AM | | Energy Principle 1 | Emotional Healing 1 | Reflection Meditation @ Mago Labyrinth | |
| 11:30 AM - 1:00 PM | | Lunch | Lunch | Lunch | Lunch |
| 1:30 - 2:30 PM | | Self Healing Relaxation Technique | Self Healing Relaxation Technique | Self Healing Relaxation Technique | |
| 2:45 - 5:15 PM | | Energy Principle 2 Wellness Exercises 2 | Emotional Healing 2 Healing Relationships | Trueself Connection & Nature Meditation | |
| 5:30 - 7:00 PM | Dinner | Dinner | Dinner | Dinner | |
| 7:00 - 8:00 PM | Orientation | Healing & Breathing - Journaling (Self) | Healing & Breathing - Journaling (Self) | Engery Healing - Journaling (Self) | |

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



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