

## Shift Happens - Sample Day



7 am	Yoga
7:45 am	Meditation
8:30 am	Breakfast
10 am	Morning Circle
10:30 am	Morning Activity <ul style="list-style-type: none"><li>➤ Hike on the Land</li><li>➤ Internal Family Systems (Intro or Advanced)</li><li>➤ Medicine Circle</li></ul>
12 pm	Lunch
1 pm	Sit Spot
2 pm	Afternoon Activity <ul style="list-style-type: none"><li>➤ Small Group</li><li>➤ Breathwork</li><li>➤ Emotions Workshop</li><li>➤ Sauna</li></ul>
6 pm	Dinner
7 pm	Evening Activity <ul style="list-style-type: none"><li>➤ Shamanic Journey</li><li>➤ Breathwork Share</li><li>➤ Cacao Ceremony</li><li>➤ Kirtan</li></ul>
8 pm	Small Group
10:30 pm	Noble Silence until Breakfast