

"I AM" COURSE AGENDA *(Subject to change)*

Friday (Release)

10.00: Introduction to "I AM"

10.20: WabiSabi: The Art of Being Authentically you

11:05: Group intro

11:40: TEA BREAK

12:00: Healing through Food& Gut Health

13:15: LUNCH

14:30: Uncovering Limiting beliefs & Coping styles

16:30: FREE TIME

19:30: DINNER

Saturday (Re-calibrate)

07:45: Cacao smoothie & Transformational Breathwork

10:00: Breathwork sharing

10:30: Noble Silence Breakfast

11:30: Values Exercise

11:45 FREE TIME

14:00: LUNCH

15:30: Values sharing

15:45: Restoring the Innovative mind talk & Clay work

16:45: FREE TIME

18:15: HeartMath – Developing Intuition & resilience

19:00: DINNER

20:30: Movement Medicine Burning Ceremony

Sunday (Re-awaken)

06:45: Sunrise Vision walk on the mountain

8:45: BREAKFAST & FREE TIME

11:30: Sound healing

13:00: LUNCH

14:00: FLOW talk

14:45: Group Energetic Healing

15:30: Wrap-up&close of circle

16:00 FREE TIME