

## **"I AM" RETREAT AGENDA**

### **Friday (Release)**

- Introduction to "I AM" Retreat – The Art of Being Authentically you
- Journey of discovery to: Release, Re-calibrate & Re-awaken
- Practical Science to understand that humans are Energetic beings:  
    Practical tools & techniques we can use to raise our vibration.  
    Initiating the process of "Enlightenment" (physically, emotionally & mentally)
- A Japanese Art: Acceptance of impermanence and imperfection
- The sacredness of our retreat constellation coming together

### **TEA BREAK**

- Timeline therapy – understanding how limiting beliefs; past negative events and current emotional conflicts shape our reality. Utilization of NLP therapy to release major unhelpful patterns

### **LUNCH AND FREE TIME**

- Healing the body to increase its vibration: Detox, superfoods & Gut health

### **FREE TIME**

- HeartMath therapy – creating heart & brain coherence for optimal immune and cognitive functioning

### **DINNER**

### **Saturday (Re-calibrate)**

- Cacao smoothie for heart opening
- Holotropic Breathwork session by professional practitioner. This induces a non-ordinary state of consciousness for insights and catharsis

### **NOBLE SILENCE BREAKFAST**

- Understanding the Techniques to Thrive:  
    Restoration of the innovative mind  
    Resilience
- Creative session

### **LUNCH AND FREE TIME (Optional TRE session)**

- Values Exercise: how to live a meaningful life
- Therapeutic movement - learning about embodiment, grounding & enhancing sensual awareness

#### **FREE TIME INCLUDING TIME FOR PERSONAL JOURNALLING**

#### **DINNER**

- Shamanic Burning Ceremony – releasing what doesn't serve us, to set us free

#### **Sunday (Re-awaken)**

- Art of Living breath work & sunrise Vision walk on the mountain

#### **BREAKFAST**

- Sound Healing with Tibetan singing bowls: The inner dance. Cellular Integration and regeneration
- Understanding the Science of FLOW and peak performance states

#### **LUNCH**

- Group Energy Healing
- Wrap-up, sharing and close of circle

#### **FREE TIME**