

5-Day All Inclusive Immersion 2018 Schedule

Day 1: Sunday, January 7th

- 1-4pm: Check in
4-5:30pm: Dinner: Build Your Own Salad
6-7:30pm: Opening Circle & Authentic Relating Games
Themes: Arriving, Intentions, Presence
7:30-8pm: Guided Meditation with Conor

Day 2: Monday, January 8th

- 6:30-7:30am: Open Meditation Space
8-9am: Yoga with Tumi
Theme: Dropping into your body, self observation
9-10am: Breakfast: Fresh Cut Fruit and Smoothie
10-11:30am: Morning Circle
Dropping into the day's themes through the use of Authentic Relating Games and activities lead by Conor and Brittany.
Themes: Self Observation & Vulnerability, Active Listening, Compassionate Communication
12-1pm: Lunch: Smoothie Bowls, Greens
2-3pm: Food Demo with Katy: Fruit Fondue
3:30pm-6:30pm: Thai Massage Class
We will leave the retreat house at 3:30pm, and go into town for a class lead by a Thai Massage expert. The class will run from 4:00-6:30pm, and include a short introduction to Thai Massage, followed by a hands-on class, where we will partner up and be guided through giving and receiving the beautiful gift of Thai Massage.
7-8pm: Dinner: Mexican Night
8-8:30pm: Evening Circle

Day 3: Tuesday, January 9th

- 6:30-7:30am: Open Meditation Space
8-9am: Yoga with Tumi
Themes: Feeling with internal "parts", Compassion, Self Expression
9-10am: Breakfast: Papaya Boats
10-10:45am: Morning Circle
Dropping into the day's themes through the use of Authentic Relating Games and activities lead by Conor and Brittany.
Themes: Dropping into internal "parts", Feeling and Expressing
10:45am-11:30: Guided Journaling with Brittany
12-1pm: Lunch: Banana Ice Cream, Greens
1-4pm: Thai Massage & Free Time
A group of Thai massage therapists will come to the house to offer 25-minute massages. There will be a sign up sheet available to pre-book your preferred time in advance.
5-6pm: Dinner: Thai Noodle Night
6:30pm-7:30pm: Presentation with Tumi
During this presentation called "Embodied Self Healing," Tumi will be sharing how to greatly up-level our health and sense of peace by increasing self-awareness. Using dance and the

powerful tool of breath-work, Tumi will discuss the scientific evidence on the healing nature of self awareness, and share stories from her holistic medical work as well as her own personal life. She will also offer practical tips to daily shift and stay in a place of embodied presence, which then speeds up healing and positive personal transformation.

7:30pm: Casual Hang Time in Group

Day 4: Wednesday, January 10th

6:30-7:30am: Open Meditation Space

8-9am: Ecstatic Dance

9-10am: Breakfast: Smoothie Bowls

10am: Whole Fruit Available to pack for excursion

10:30am-4pm: Waterfall Excursion

At the waterfall excursion we will find a nice, comfy, private space for an intimate, ask anything Q&A with Conor and Brittany

5-6pm: Dinner: Epic Salad Bar Extravaganza (BYOFS)

6:30-7:30pm: Evening Circle

Themes: Integration, Connection, Gratitude

7:30pm-8:15pm: Guided Meditation with Conor

Day 5: Thursday, January 11th

6:30-7:30am: Open Meditation Space

8am-9am: Closing Circle + Group Picture

9am-10am: Breakfast: Smoothie and Whole Fruit to Go

10am-10:30am: Finish Packing Up + Goodbyes

10:30am: Checkout

If you are staying for the Fruit House Retreat, we ask that you pack up your belongings and clear the space for a few hours, so we can reorganize for the newcomers.

We may make some adjustments to the schedule.