

TRANSFORMATION FROM WITHIN

With Healing Journeys and Jonathan Ellerby, PhD

Program overview.

Please note, our program may be adapted from this to better suit the needs of the participants.

SATURDAY November 22

4:00pm Arrival and Time to Settle In

5:00pm Resort Orientation

6:00pm Dinner

7:15pm – 9:00pm

The Beginning of the End:

The Roots of Resilience and the Hidden Way Forward to the Source of Joy and Vitality. This session includes a guided meditation and live music.

SUNDAY November 23

8:00am Breakfast

9:00am – 12:00noon

Inner Freedom: Exploring the Role of Identity, Awareness and Paradigm in Healing, Wellness and Inner peace

12:30pm Lunch

1:30pm – 4:00pm

Free Time to Explore, Visit and Rest

4:00pm – 6:30pm

Stories, Tools and First Steps in a New World

6:30pm Dinner

7:45pm – 9:00pm

Rituals for Renewal

MONDAY November 24

8:00am Breakfast

9:00am – 12:00noon

New World Contracts, Solution Circles, Final Meditations.

This session includes live music meditations!

12:30pm Lunch and Farewells