

# AWAKENING TO A DEEPER RELATIONSHIP WITH LIFE

## 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.*

#### FRIDAY

4:00pm Arrival and Time to Settle In

5:00pm Resort Orientation

6:30pm Dinner

7:30pm – 9:00pm

One Step To A New World

- Guided Meditation
- Group Discussion: Where Are We Going?
- Core Roots and Results of an Awakened Life
- Group Exercise
- 10 minute gentle yoga for bedtime (all levels)

#### SATURDAY

8:00am Breakfast

9:00am – 12:00noon

10 minute chair-yoga warm up (all levels)

Exploring the Role of Identity and Worldview in Healing, Wellness and Inner peace:

7 Keys To Freedom

12:30pm Lunch

1:30pm – 4:00pm

*Free Time to Explore, Visit and Rest*

*3:15 - 4:00pm optional gentle yoga for health and healing*

4:00pm – 6:30pm

Introduction to Breathwork for Healing (20min)

A Deeper Look: Exploring the Seven Keys

Questions and Applications

6:30pm Dinner

7:45pm – 9:00pm Grief, Loss and Letting Go

**SUNDAY** November 24

8:00am Breakfast

9:00am – 12:00noon

Yogic breath work warm up (10min)

What We Take Home: New World Contracts, Solution Circles, Final Meditations.

12:30pm Lunch and Farewells