

Full Embrace of Being
Saturday February 29 through Saturday March 7, 2020
Retreat Itinerary

DAY 1 - Saturday 2/29

5:00 pm Arrival and settle into your lodgings.

6:30 - 8:00 pm Meet at Retreat House for an Opening Circle of LOVE,
Hugs & Haaaa's, and House Rules/Regs.

8:00 pm Rest up for the big week!

DAY 2 - Sunday 3/1

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice - "Landing
Here"

12:30 - 1:30 pm Lunch

1:30 - 5:30 pm Free time - nature, rest, hike, connect, beach time,
whale watch &
explore. Dinner on your own be done by 5:30 pm

5:30 pm - 7:00 pm Gather at Retreat House for a walk to Sea Turtle
Resting Place and enjoy a Sunset Movement & Meditation
practice. *Bring a beach towel.

DAY 3 - Monday 3/2

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice - "Create
Your Life"

12:30 - 2:00 pm Lunch

2:00 - 6:30 pm Free time - nature, rest, hike, connect, whale watching,
beach time & explore. Dinner on your own done by 6:30 pm

6:30 - 8:00 pm Molly Patrick talk on Creating your Dream Life — Dream
meditation led by Angel and Michelle

DAY 4 - Tuesday 3/3

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice “True Power”

12:30 - 2:00 pm Lunch

2:00 - 5:30 pm Free time

5:30 - 7:00 pm Chef prepared dinner by Ricardo (extra charge) or bring your own meal PLUS Molly Talk on Mindset

DAY 5 - Wednesday 3/4

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice - “All Heart”

12:30 - 1:30 pm Lunch

1:30-6:30 pm Free time & Dinner on your own

6:30 - 8:00 pm Heart Opening Restorative Practice

DAY 6 - Thursday 3/5

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice - “Partner Work”

12:30 - 1:30 pm Lunch

1:30-3:30 pm Free time

3:30 - 5:00 pm Ocean Baptism

5:00 pm Free time & Dinner on your own

DAY 7 - Friday 3/6

7:00 - 8:30 am Breakfast on your own

9:00 - 12:00 pm Full Embrace of Being Movement Practice -
"Integration"

12:30 - 1:30 pm Lunch

1:30 - 5:30 pm Free time & Dinner

5:30 - 7:00 pm Bring in the Full Moon with Beach Moon Salutations

DAY 8 - Saturday 3/7

7:00 - 8:00 am Breakfast on your own

8:00 - 10:00 am Full Embrace of Being Movement Practice "Taking this
Home"

10:00 - 11:00 am Closing Circle of Love Hug

11:00 am - Check out