

**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 — See you Tuesday  
morning!

## **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 - A round table lunch body reflection discussion

2:00 - 5:30 pm Free time

5:30 - 7:00 pm Chef prepared dinner by Ricardo (\$35 charge) or bring your own meal.

## **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 (I suggest a sunset beach picnic)

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