

Sound of Your Soul Oct 2023

Day	Location	What to Bring
Thursday 10/26	Arrive & Check In - 5:30 pm Program Begins - 7pm <i>Light snacks and beverages provided.</i>	Notebook & Pen
Friday 10/27	7:30-9 am Breakfast and Morning Meditation	Breakfast Provided
	9:30 am Program Begins	
	12:30pm - 1:30pm Lunch	Lunch Provided
	1:30 - 4:00 pm Program Resumes	
	4:00 - 5pm - Free Time	
	5pm - 7pm - Dinner as a Group	Dinner Provided
	7pm Evening Channeling & Sound Bath	
Saturday 10/28	7:30 - 9 am Breakfast and Morning Meditation	Breakfast Provided
	9am - 12pm Program continues	
	12:00pm - 1:00pm Lunch Together	Lunch Provided
	1:30pm - 6:30pm Free Time	Note: Dinner is on your own
	7pm-9:30p Bonfire and MORE!	
Sunday 10/28	7:30 - 9 am Breakfast and Morning Meditation	Note: It is possible that we may include an optional field trip to KinStone on the way home.
	9am - 10:30 Closing Ritual	

Details are subject to change prior to the actual event. This is a sample itinerary.