

Sample Schedule

**this schedule is only a sample as The Restored-Soul is mindful of individual needs and is subject to change at time of event.*

Arrival Day

4:00 - 5:30pm Settle in and receive personalized gifts

5:30pm - 6:30pm Dinner

7:00pm - Emotional decompression time around the fire-pit.

FYI - there will not be hand holding or cumbyah signing! Tears may be shed but that is acceptable.

First Full Day

7:00am - yoga with Kristen

8:00 - 9:00am - Breakfast

9:00 - 12:00pm - Combined energy balance and followed by Oracle card pull

12:00 1:00pm - lunch

2:00pm - 5:00pm - Personal reflection time

5:30pm - dinner

7:00pm - fire-pit time - sharing & gratitude

Second Full Day

7:00am - optional yoga with Kristen

8:00 - 9:00am - Breakfast

9:00 - 12:00pm daily meet-up as a group for group learning tbd by attendees questions & interests

12:00 1:00pm - lunch

2:00pm - 5:00pm - Personal reflection time

5:30pm - Dinner at local restraunt

7:00pm - fire-pit time - sharing & gratitude

Third Full Day

7:00am - yoga with Kristen

8:00 - 9:00am - Breakfast

9:00 - 12:00pm - daily meet-up as a group for group learning tbd by attendees questions & interests

12:00 - 1:00pm - lunch

2 :00pm - 5:00pm - Personal reflection time

5:30pm - dinner

7:00pm - fire-pit time

Last Day

7:00am - yoga with Kristen

8:00 - 9:00am - Breakfast

9:00 - 12:00pm - Closing group exercise through personal reflection

12:00 - 1:00pm - lunch

1:00pm - return