

Day 1: The Introspection

9:30am: Check in at The Ubuntu Room (surrender phones). Visit Ubuntu Lounge to meet Pixie and the Bull to choose your own center stone crystal for crystal grid workshop. Enjoy breakfast snacks/coffee and familiarize yourself with the grounds.

10:15am: Introduction to Ubuntu Wellness Retreat. Explain some items in gift bag/introduce set up and tents/review agenda. Introductions-me, facilitators, participants. Share story of Ubuntu as well as personal story of how we got here.

11:00am: Set intention with yoga/ guided meditation with Nicoletta Metta.

11:45am: BREAK (Perfect time to do some journaling)

12:00pm: Art Project-rock painting.

1:00pm: Lunch (Yay! More journaling!)

1:45pm: Select mural groups for inspirational mural painting. Meet with groups and begin murals.

3:15pm: Presentation by Dana Sardano. Personal story of healing through artistic expression. Share "Andromeda's Story".

3:45pm: Activity- Creating a piece of art based on a personal painful experience

5:30pm: Assign homework

***Homework: On a piece of paper in the journal, describe that painful experience, how it damaged you, and the part of you that needs healing and give it a title. Will crumble and toss into fire pit on day 2.

Day 2: The Healing

9:30am: Check in (surrender phones). Breakfast snacks/coffee

10:00am: Setting intention and guided meditation/yoga with Nicoleta

10:45am: The Pixie and the Bull Presentation-Creating personalized crystal grids.

11:45am: BREAK (We love to write in our journals!)

12:00pm: Plant Gratitude tree. Share stories of gratitude.

12:30pm: LUNCH.....and wait, what's that? Write in our journals? Yay!

1:15pm: Complete inspirational murals.

2:45pm: BREAK (you know what to do 😊)

3:00pm: Decorate Ubuntu shirts at sharpie station

3:30pm: Presentation of murals

4:15pm: Group reconvenes at fire pit for final releasing ceremony.

5:15pm: Closing remarks