

Life Reboot Women's Retreat  
Molino del Rey, Spain :: July 29 - Aug 5, 2018

	Sun Jul 29	Mon Jul 30	Tue Jul 31	Wed Aug 01	Thu Aug 02	Fri Aug 03	Sat Aug 04	Sun Aug 05
	LANDING	FOUNDATION	IDENTITY	CREATIVITY	PLAY	ABUNDANCE	INTEGRATION	TAKING FLIGHT
8:30am - 9:30am		Movement Practice :: My Body My Home	Movement Practice :: Shakti Flow Yoga	Movement Practice :: Creative Activation	<b>Breakfast</b>	Movement Practice :: Five Elements Dance	Movement Practice :: Trust and Surrender	<b>Breakfast</b>
10:00am - 11:00am		<b>Brunch</b>	<b>Brunch</b>	<b>Brunch</b>		<b>Brunch</b>	<b>Brunch</b>	
11:00am - 1:00pm		- Foundations - Healing sessions intro - Introductions - The Flow of Purpose - The Shape of Beliefs	- Roles: Naughty or Nice - Enneagram Liberation - Our Life Journey - Mandala Meditation	- Feminine Energy - Non-Linear Thinking - Receiving Practice - Rainbow Meditation	Optional Local Excursion :: Day Trip to Ronda (or free day at the retreat center)	- Money Stories - Redefining Resource - Parts Pillow Talk - Mind Mapping	- Neverending Question - Mirror Reflections - Commitments - Feedback - Notes to Self	
1:00pm - 5:30pm	Arrivals	Silence Meditation	Red Threads	Feeling NICE		Best Life Budget Action Day by Day	Testimonials	
5:30pm - 6:30pm				Crystal Bowl Sound Healing Session				
6:30pm - 7:30pm	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
7:30pm - 9:00pm	- Arriving Meditation - Opening Circle - Overview of Week	- Sharing Circle - Inner Smile Meditation	- Sharing Circle - Womb Meditation	- Sharing Circle - Sensing Meditation	- Sharing Circle - Yoga Nidra	- Sharing Circle - Abundance Meditation	- Sharing Circle	