

Wise Women

FULL MOON RETREAT 2023

Presented by Gaia Sisterhood
Unleashing the Wild Woman Within

THURSDAY

09.28.23

- 2:30p-6p: Arrival
(bodywork available)
- 6:00p: Dinner
- 7:30p: Orientation w/
Gray Bear Staff **Lodge**
- 8:30p - 9:30p: Ignite the Wild
(K.Collins) **Lodge**

FRIDAY

09.29.23

- 7:00a: Wake up Bell
- 7:30a: Breakfast **Lodge**
- 9:30a - 12:15p: Opening Ceremony
(J.Harvard & K.Collins) **Yoga Room**
- 12:30p: Lunch **Lodge**
- Free Time
- 3:00p - 5:00p: The Call and Dance of
the Holy Wild (L.Garbis) **Outdoor
Deck**
- 6:00pm: Dinner **Lodge**
- Free time

SATURDAY

09.30.23

- 7:00a: Wake up bell
- 7:30a: Breakfast
- 9:00-10:30a: Unleashed Yoga
(B. Harvey) **Yoga Room**
- 11:00a - 1:00p: Hag Stone Talisman
Creations (J.Harvard) **Lodge**
- 1:00p: Lunch **Lodge**
- 1:30a - 3:30p: Gathering at the Waterfall
- 4:00p - 6:00p: Free time
- 6:00p: Dinner **Lodge**
- 7:30a - 8:30p: Cacao Ceremony
(K. Collins) **Lodge**

SUNDAY

10.1.23

- 7:00a: Wake up Bell
- 7:30a: Breakfast
- 9:00a-10:30a: Natural Avatars
(F.Hubbard) **Outdoor Deck**
- 11:00a - 12:50p: Closing Ceremony
Yoga Room
- 1:00p: Lunch **Lodge**
- 2:00p: Depart

