

# WISE WOMEN

## FULL MOON RETREAT 2021

↳ journey of the dark goddess itinerary  
October 21-24, 2021

### October 21 - Thursday

**-2:30-6:00PM: Arrival**  
(Bodywork Available)  
**-6:15PM: Dinner in the Lodge**  
**-7:30PM: Orientation w/ Gray Bear Staff**  
(Lodge)  
**Followed by Free Time**  
massage, sauna, soaking tubs

### October 22 - Friday

**-7:00AM: Wake Up Bell**  
**-7:30AM: Breakfast**  
**-9:30-12:15pm: Opening Ceremony**  
(K. Collins & J. Harvard)  
(Yoga Room)  
**-12:30PM: Lunch Free Time**  
**-3:30-5:00PM: Mask Making**  
(J. Harvard)  
(Yoga Room or Outdoors)  
**-6:15PM: Dinner**  
**Followed by Free Time**  
massage, sauna, soaking tubs

### October 23 - Saturday

**-7:00AM: Wake up Bell**  
**-7:30AM: Breakfast**  
**-9:20-10:30AM: Yoga with Gabrielle**  
(Yoga Room)  
**-11:30-12:30PM: Community Herbal Tincture Making**  
(KCollins)  
(Lodge )  
**-12:30PM: Lunch**  
**-1:30-4:00PM: Goddess Gathering at the Waterfall**  
•water blessing•flower crowns •  
herbal mud masks•annointing ceremony  
(K. Collins & J. Harvard)  
**-4:15-6:00:Free Time**  
massage, sauna, soaking tubs  
**-6:15PM: Dinner**  
**-7:30-8:30PM: Masks Part 2**  
(J. Harvard)  
(Yoga Room or Outdoors)  
**-8:45-9:45PM:**  
**Invoking the Sensual (Movement)**  
(G. Saliba)  
(Yoga Room)

### October 24 - Sunday

**-7AM: Wake up bell**  
**-7:30 AM: Breakfast**  
**-9:00-10:00AM: Hemp Tea Ceremony and Talk** (F.Hubbard) (Lodge)  
**-10:40-12:50PM: Final Journey to the Underworld w/ breathwork.**  
**-Closing Ceremony** (J. Harvard & K. Collins) (Yoga Room)  
**-1:00PM: Lunch**  
**-2:00PM: Check Out**