

A Fall Self-Care Sanctuary Relax, Reconnect, Replenish
Adamah Retreat Center — 4681 County Road ZZ, Dodgeville, WI 53533
Wisconsin Retreats Kathy Milanowski, 425-220-5283

Friday, November 1st

- ❖ 9:00 am-1:00 pm Check-in
- ❖ 1:30 pm - Welcome & Invocation
- ❖ 2:00 pm - Overview, circle introduction
- ❖ 2:30 pm - Spa Time
- ❖ FREE TIME
- ❖ 6:00 pm - Dinner
- ❖ 7:15 pm Spa Time
- ❖ Creating our Vision Board
- ❖ **830 PM Crystal Singing bowls and Reiki**

Meditations/Experiences:

Bring your exceptional comfort from home to lay on the floor or in an oversized chair. The base is cement; for full enjoyment, I suggest padding on the ground and a blanket.

Saturday, November 2nd

- ❖ 8:00-9:00 am, Breakfast
- ❖ 9:00-10:15 am, Morning Circle/Activity
- ❖ 10:30 am - Spa Time & Forest Bathing
- ❖ 12:00-1:00 pm - Lunch
- ❖ 1:00-3:00 pm - Kirtan Concert
- ❖ 4:30 pm - Spa Time & Healing Share
- ❖ 6:00 pm - Dinner
- ❖ 7:30-pm - Circle Activity
- ❖ 8:00 pm **Pendulum Workshop**
- ❖ Fire Ceremony

Contact Information Practitioner Services

Tammie Tripler, Reflexology & Reiki
tammielr@gmail.com

Sunday, November 3rd

- ❖ 8:00-9:00 am - Breakfast
- ❖ 9:30-10:15 am, Morning Circle/Activity
- ❖ 10:30 am- Spa Time
- ❖ 12:00-1:00 pm -Lunch
- ❖ 2 pm - Closing Ceremony & checkout

Stargazing Experience: Typically, 10 pm is the best time. This area is a “blackout zone”. Bring your reclining chair, mats, pillows, blankets, and sleeping blanket to view the stars comfortably. Last year, temperatures were warmer than expected, and we saw the Milky Way.

Trail walks & other outdoor excursions; wear comfortable walking shoes/boots. Dress according to the weather. Check yourself for ticks and other tagalongs.

The Healing Warrior, by Kathy Milanowski, Servitude to the Earth and all its beings can be a heart-opening, blissful, freeing state of consciousness. As we grow with this, we connect to tools and techniques that will recharge, refresh, and revive us. We learn a valuable lesson: We are critical and loved deeply. We must learn to do our self-care. For me, this is the state of the healing warrior.

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