

Whispers of the Woods: A Tranquil Retreat for Mind, Body, and Soul
Adamah Retreat Center — 4681 County Road ZZ, Dodgeville, WI 53533
Wisconsin Retreats Kathy Milanowski, 425-220-5283 Karen Caig 501-215-7356

The events and times are subject to change.

Thursday, June 27th

- ❖ 10-1:00 am Check-in
- ❖ 1:30 Welcome & Invocation
- ❖ 2:00 Overview, circle introduction
- ❖ Soulful Synergy, interaction game
- ❖ 3:00 Introduction to Forest Bathing
- ❖ 4:00 FREE TIME
- ❖ 6-7:00 Dinner
- ❖ 7:00 Light Language Transmission Talk
- ❖ 8:00 **Light Language Transmission**

Empowerments/Experiences/Transmissions:

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

Friday, June 28th

- ❖ 8-9:00 am Breakfast
- ❖ 9:00 Forest Bathing & Tea Ceremony
- ❖ 12-1:00 Lunch
- ❖ 1:30 Empowerment Exchange
- ❖ 2:00 pm **Heart Light Transmission**
- ❖ *Circle Time*
- ❖ 5:00 FREE TIME
- ❖ 6-7:00 pm Dinner
- ❖ 8:00-pm Sufi Greeting
- ❖ **Fire Ceremony**

Saturday, June 29th

- ❖ 8-9:00 am Breakfast
- ❖ 9:00 Morning circle with RootWriting
- ❖ 11:00 Drumming the Sounds of the Earth
- ❖ 12-1:00 Lunch
- ❖ 1:30- 3:30 Kirtan concert
- ❖ 3:30 -4:00 Healing Share
- ❖ 6- 7:00 - Dinner
- ❖ 7:00 -9 pm Whimsy Ball
- ❖ 8:00 Enchanted Forest Expedition

Sunday, June 30th

- ❖ 8-9:00 am - Breakfast
- ❖ 9:00 Morning Circle Interaction game
- ❖ 9:45 Root Writing
- ❖ **SPECIAL SURPRISE!**
- ❖ 12-1:00 pm Lunch
- ❖ 2 pm Closing Ceremony & checkout

Stargazing Experience: Typically, 10 pm is the best time. This area is a “blackout zone”. Bring your unique reclining chair, mats, pillows, blankets, and sleeping blanket to view the stars in your comfort.

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 know how to do our self-care. For me, this is the state of the healing warrior.