

Harvesting Wellness a Day Retreat to Nourish Your Mind, Body, and Soul

Carriage House —119 South Main Street. Deerfield, Wisconsin, 53531

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Saturday, October 5th, 9:30 am to 4:00 pm

Harvesting Wellness

Welcome to our Harvesting Wellness Retreat, where we invite you to embark on a journey of self-discovery, rejuvenation, and holistic well-being amidst the vibrant colors and crisp air of the autumn season. Inspired by the themes of harvest and abundance, this retreat offers a nurturing sanctuary where you can cultivate wellness in every aspect of your life. Here is our schedule layout. Please dress with the weather. If the schedule changes, you will be updated.

- ❖ 9:30 am Check-in at Carriage House/Wisconsin Reiki Center
 - **Location:** Carriage House/Wisconsin Reiki Center 119 S Main Street. Deerfield
- ❖ 9:45 am - Welcome - Invocation - Overview

- ❖ 10:00 am - Holographic Sound & Reiki Experience

- ❖ 11:00 am - Despacho Creations
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- ❖ 1:00 pm - Lunch

- ❖ 2:30 pm - Forrest Bathing: Exploration with our Senses,
 - Group expedition, easy-going exploration.

- ❖ 3:30 pm - Fire Ceremony and Closing

- ❖ 4:00pm - Checkout

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.

For trail walks and other outdoor excursions, wear comfortable, feet-covered walking shoes or boots. Dress according to the weather. Please always check yourself for ticks and other tagalongs.