

**A Fall Self-Care Sanctuary, Luxury for the Soul**  
**Adamah Retreat Center — 4681 County Road ZZ, Dodgeville, WI 53533**  
Wisconsin Retreats Kathy Milanowski, 425-220-5283

**-Subject to Change-**

**Friday, November 1st**

**(You are responsible for your lunch on this day)**

- ❖ 9:00 am, 1:00 pm Check-in
- ❖ 1:30 pm, Welcome & Invocation
- ❖ 2:00, Overview, circle introduction
- ❖ 2:30, FREE TIME
- ❖ 6:00, **Dinner**
- ❖ 7:15, Creating our Vision Board
- ❖ 8:30, 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, Morning Circle
  - Soulful Synergy
- ❖ 10:30, Create a Crystal Tree with Jen
- ❖ 12:00-1:00, **Lunch**
- ❖ 1:00-3:00, Kirtan Concert
- ❖ 3:30, Healing Share
- ❖ 4:30, FREE TIME
- ❖ 6:00-7:00, **Dinner**
- ❖ 7:15, Back-to-Back Interaction Game
- ❖ 8:15, Holy Fire Reiki Experience

**Sunday, November 3rd**

- ❖ 8:00-9:00 am, **Breakfast**
- ❖ 9:30-10:15, Morning Circle
  - Sufe Greeting
- ❖ 10:30, Pendulum Workshop
- ❖ 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.

**Spa/FREE Time:** Enjoy yourself with a leisurely activity that will soothe and brighten your inner glow. Your choice includes Reiki, Reflexology, and Sound healing. Ensure you have scheduled your appointment using the registration forms before October 21st.