

Earthy Reflections: A Magical Retreat for Your Wellbeing
Adamah Retreat Center — 4681 County Road ZZ, Dodgeville, WI 53533
Wisconsin Retreats Kathy Milanowski, 425-220-5283

The events and times are subject to change.

Thursday, June 26th

- ❖ Check-in 10-1:00 pm
- ❖ Welcome & Invocation 1:30
- ❖ Overview, circle introduction
- ❖ Back-to-Back Drawing, Interaction
- ❖ Introduction to the Sekhem/All Love
- ❖ FREE TIME
- ❖ **Dinner** 6-7:00
- ❖ Sekhem Healing Experience 7:30
- ❖ Star Gazing

Saturday, June 28th

- ❖ **Breakfast** 8-9:00 am
- ❖ Sekhem Experience
- ❖ **Lunch** 12-1:00 pm
- ❖ Kirtan concert 1:30- 3:30
- ❖ Interaction Game
- ❖ **Dinner** 6- 7:00
- ❖ 8:00 Whitches Ball
- ❖ Star Gazing

Sunday, June 29th

- ❖ **Breakfast** 8-9:00 am
- ❖ Morning Circle, Interaction game
- ❖ Forrest Bathing
- ❖ **Lunch** 12-1:00 pm
- ❖ *Closing Ceremony & checkout 2 pm*

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 27th

- ❖ **Breakfast** 8-9:00 am
- ❖ Morning circle with Root Writing
- ❖ Sekhem Shenu Meditation
- ❖ **Lunch** 12:00-1:00 pm
- ❖ Free Time
- ❖ Soulful Synergy 3:00
- ❖ Besoms Creations
- ❖ **Dinner** 6-7:00 pm
- ❖ Fire Ceremony
- ❖ Sufi Greeting
- ❖ Star Gazing

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.