

Embrace the Shift: Holistic Wellness Retreat for Mind, Body & Spirit

Schedule: Saturday, August 23rd, 2025

10:00 am to 3:00 pm

10:00 am Check-in at Carriage House/Wisconsin Reiki Center

Location: Carriage House/Wisconsin Reiki Center 119 S Main Street. Deerfield

- ❖ Welcome - Invocation - Overview
- ❖ Drumming Cermonal Experience
- ❖ Despacho Creations
- ❖ Fire Ceremony
- ❖ Forrest Bathing: Exploration with our Senses,
 - Group expedition, easy-going exploration.
- ❖ Closing

