

Nest of the Soul: The Inner Child Celebration

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, May 14th

- ★ Check-in 10-1:00 pm
- ★ **Beauty Mapping sign up**
- ★ Welcome & Invocation 1:30
- ★ Overview, circle introduction
- ★ Introduction to the Sekhem/All Love
- ★ Introduction to Rooted Reflections
- ★ Soulful Synergy
- ★ FREE TIME
- ★ **Dinner** 6-7:00
- ★ Star Gazing with a w/flying lantern wish
- ★ Sekhem Healing Experience

Empowerments/Experiences/Transmissions:

Bring the exceptional comfort of your 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, May 15th

- ★ **Breakfast** 8-9:00 am
- ★ Morning circle, Rooted Reflections
- ★ Sekhem Shenu Meditation
- ★ **Lunch** 12:00-1:00 pm
- ★ **Pixie Dust & Paper Cuts**
A Spellcraft Collage Workshop for the Inner Child
- ★ Free Time
- ★ **Dinner** 6-7:00
- ★ **Fire Ceremony**
- ★ **The Inner Child Lounge**

Reclaim Joy. Celebrate Play. Awaken the Inner Child.

Saturday, May 16th

- ★ **Breakfast** 8-9:00 am
- ★ Sekhem Group Experience
Time Line Meditation & Count Down
- ★ **Lunch** 12-1:00 pm
- ★ Kite Flying
- ★ Rooted Reflections with Chris
- ★ Free Time
- ★ **Dinner** 6- 7:00
- ★ **Annual Wisconsin Ball:** *Divine Playground*
A White-Out Celebration of the Inner Child
❖ Show & Tell

Sunday, May 17th

- ★ **Breakfast** 8-9:00 am
- ★ Morning Circle, Rooted Reflections
- ★ Healing Experience with Holy Fire Reiki
- ★ **Lunch** 12-1:00 pm
- ★ Musical Chairs w/gifts
- ★ Closing Ceremony & checkout 2 pm

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.

For 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, embodies a state of servitude to the Earth and all its beings, which can be a heart-opening, blissful, and 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.