

## *Nest of the Soul: The Inner Child Celebration*

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 introductions
- ★ Soulful Synergy
- ★ FREE TIME
- ★ **Dinner 6-7:00**
- ★ Show & Tell
- ★ Mirror Reflection Exercise
- ★ Star Gazing

### ***Empowerments/Experiences/Transmissions:***

Bring the exceptional comfort of your home to the floor or 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
- ★ Emotional Self-Regulation Exercise
- ★ **Lunch 12:00-1:00 pm**
- ★ **Pixie Dust & Paper Cuts**  
*A Spellcraft Collage Workshop for the Inner Child*
- ★ Free Time
- ★ **Dinner 6-7:00**
- ★ **The Inner Child Lounge**  
*Reclaim Joy. Celebrate Play. Awaken the Inner Child.*

### **Saturday, May 16th**

- ★ **Breakfast 8-9:00 am**
- ★ Sekhem Group Experience
- ★ **Lunch 12-1:00 pm**
- ★ Kite Flying, with Kim
- ★ Rooted Reflections with Chris
- ★ Free Time
- ★ **Dinner 6- 7:00**
- ★ **Annual Wisconsin Ball: *Divine Playground***  
*A Masquerade Celebration: Unveiling the Inner Child*  
❖ **Fire Ceremony**

### **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.