

## Restore Your Brilliance Retreat - Tentative Schedule

This schedule is tentative to provide you with the start and end times of each day. The final schedule may change as the content will be customized to the attendees in ways that will serve them best.

### Thursday, Oct 17

4:00pm - 7:30pm  
Check-in and relax  
Welcome Dinner

7:30pm - 8:30pm  
Clearing Ceremony

### Friday, Oct 18

7:00am - 9:30am  
Breakfast available

8:00am - 8:30am  
Morning meditation  
(Optional)

10:00am - 12:00pm  
Session

12:00pm - 1:30pm  
Lunch

1:30pm - 2:30pm  
Restorative time

2:30pm - 4:30pm  
Session

4:30pm - 6:30pm  
Restorative time

6:30pm - 8:00pm  
Dinner

8:00pm - 9:00pm  
Meditative Drum  
Journey

### Saturday, Oct 19

7:00am - 9:30am  
Breakfast available

8:00am - 8:30am  
Morning meditation  
(Optional)

10:00am - 12:00pm  
Session

12:00pm - 1:30pm  
Lunch

1:30pm - 2:30pm  
Restorative time

2:30pm - 4:30pm  
Session

4:30pm - 6:30pm  
Restorative time

6:30pm - 8:00pm  
Dinner

8:00pm - 9:00pm  
Restorative Evening  
Practice

### Sunday, Oct 20

7:00am - 9:30pm  
Breakfast available

8:00am - 8:30am  
Morning meditation  
(Optional)

10:00am - 12:00pm  
Session &  
Closing Ceremony

12:00pm - 1:30pm  
Lunch (Optional)

2:00pm  
Check-out