

Hill Country Healing Sacred Women's Retreat

October 27-31, 2024 • Hill Country Casitas,
Dripping Springs, Texas

Program

(Subject to change)

Sunday, October 27th

3:00pm	Arrivals
4:00pm	Retreat Kickoff with snacks & beverages
7:00pm	Dinner
8:00pm	Bonfire & smores

Monday, October 28th

7:30am	Restorative Yoga, Meditation & Sound Healing
8:30am	Breakfast
9:30am	Group A: 60-Minute Massage Therapy
	Group B: Spiritual Guidance with Jenn
12:00pm	Lunch
1:30pm	Group A: Spiritual Guidance with Jenn
	Group B: 60-Minute Massage Therapy
4:30pm	Inner Breathwork Journey
7:00pm	Dinner
8:00pm	Connection & crafting time with sage

Tuesday, October 29th

7:30am	Restorative Yoga, Meditation & Sound Healing
8:30am	Breakfast
9:30am	Sound Healing Experience
12:00pm	Lunch
1:00pm	Free time
4:30pm	Depart for Equine Therapy at Red Arena

7:30pm	Dinner
8:30pm	Connection & crafting time with feathers

Wednesday, October 30th

8:00am	Breakfast
8:30am	Depart for Westcave Preserve
12:00pm	Enchanted Rock Energy Vortex for picnic lunch & hike
3:30pm	Free time then group dinner in Fredericksburg
8:00pm	Arrive back at Retreat Center
8:30pm	Closing Bonfire & Burning Ceremony

Thursday, October 31st

8:30am	Breakfast
9:30am	Departures