

Sacred Women's Gathering in Jamaica

With Becky Bickford and Jennifer Mills

We are ready to celebrate with you, Sister Women!

March 14—21, 2015 Itinerary

Subject to change as we'll be on Fluid Jamaica Time

Saturday, 3/14: Root

11:30 am—2:00 pm	Participant arrival in Montego Bay. Becky and Jennifer will be outside to greet you!
3:00 pm—5:30 pm	Shuttle ride from Montego Bay to Treasure Beach
6:00 pm—7:00 pm	Dinner and Welcome to Calabash House!
7:00 pm—8:00 pm	Kundalini & Aura Expansion

Sunday, 3/15: Creativity

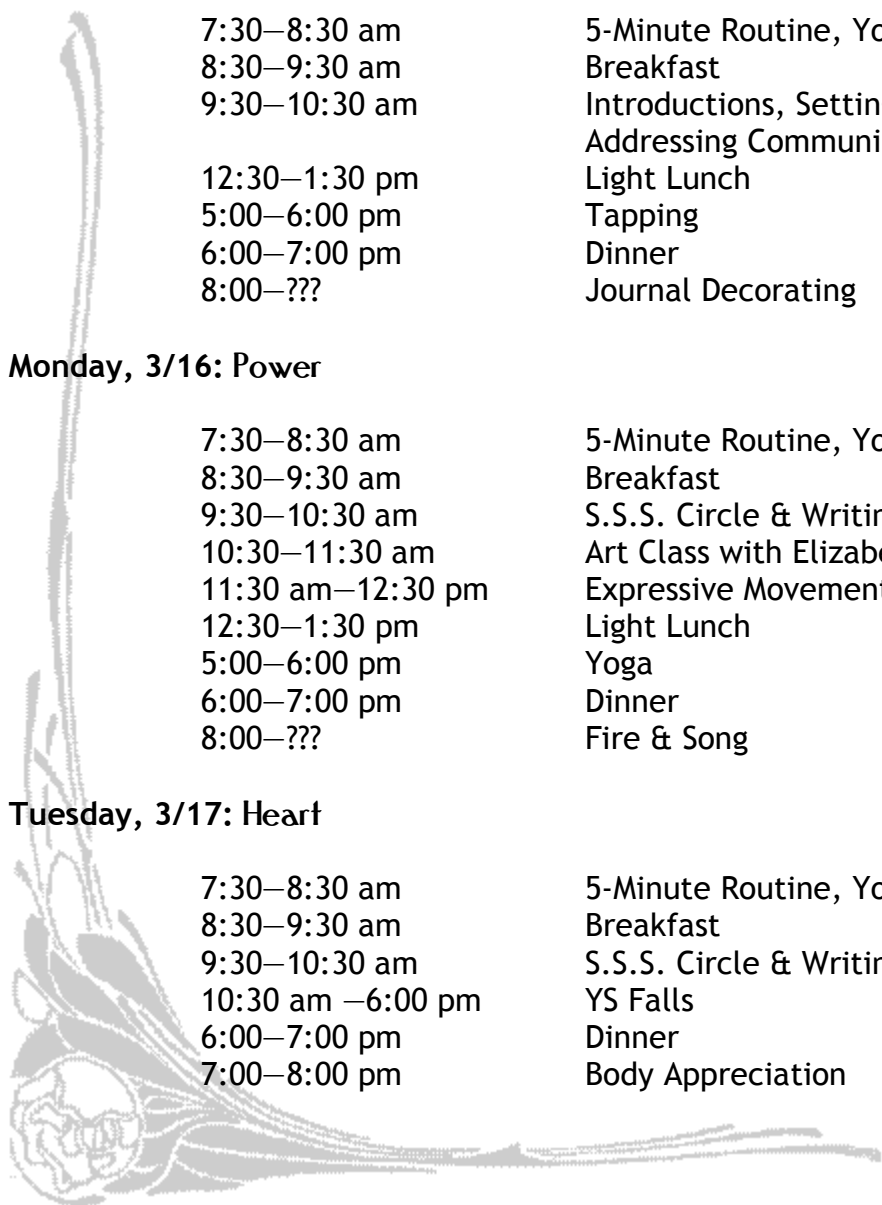
7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:30 am	Introductions, Setting Intentions and Vision for the Week, Addressing Community Needs
12:30—1:30 pm	Light Lunch
5:00—6:00 pm	Tapping
6:00—7:00 pm	Dinner
8:00—???	Journal Decorating

Monday, 3/16: Power

7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:30 am	S.S.S. Circle & Writing
10:30—11:30 am	Art Class with Elizabeth
11:30 am—12:30 pm	Expressive Movement
12:30—1:30 pm	Light Lunch
5:00—6:00 pm	Yoga
6:00—7:00 pm	Dinner
8:00—???	Fire & Song

Tuesday, 3/17: Heart

7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:30 am	S.S.S. Circle & Writing
10:30 am —6:00 pm	YS Falls
6:00—7:00 pm	Dinner
7:00—8:00 pm	Body Appreciation



March 14—21, 2015 Itinerary Cont'd

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Wednesday, 3/18: Throat

7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:00 am	S.S.S. Circle
10:00—10:15	Beach Break
10:15—11:15 am	Spoken Word Writing
11:15—11:30	Beach Break
11:30 am—12:30 pm	Radiant Circuits
12:30—1:30 pm	Light Lunch
4:30—5:00 pm	Qigong
5:00—8:00 pm	Jerk Chicken Cooking Class with Dawn and Dinner Out
8:00—9:00 pm	Spoken Word Party!

Thursday, 3/19: Third Eye

7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:30 am	S.S.S. Circle & Writing
10:30 am—6:00 pm	Pelican Bar
6:00—7:00 pm	Dinner

Friday, 3/20: Crown

7:30—8:30 am	5-Minute Routine, Yoga, Meditation
8:30—9:30 am	Breakfast
9:30—10:30 am	S.S.S. Circle & Writing
12:30—1:30 pm	Light Lunch
2:00—6:00 pm	Special Event/Ceremony
6:00—7:00 pm	Dinner and Suzett's Famous Chocolate Cake!
7:00—8:00 pm	Closing & Check Out
8:00—9:00 pm	Prayer Flags

Saturday, 3/21: Transport

6:00—7:00 am	Early Breakfast
7:30—10:00 am	Shuttle Ride from Treasure Beach to Montego Bay
11:50 am— 2:25 pm	Participant Departure from Montego Bay

