



BREATH of LIGHT



Workshop Agenda

Check-in Day

Between Noon and 3 p.m. - Check-in
4 p.m. – Field Trip to Kihei (south side of the island) to rent snorkeling gear
6:30 p.m. - Dinner

Day 1 (workshop) - Chi Nei Tsang

7:30 a.m. - Training of breakfast tonics, prepare mid-morning snack
8:15 a.m. - Orientation of Center and Land, Confirm Task Managers
9:00 a.m. – Yoga, Meditation, and Training
Mid-day around 1 p.m. –Lunch (~ 90 min)
2:30 p.m. – Training resumes until dinner
6:30 p.m. - Dinner

Day 2 (workshop) - Chi Nei Tsang, Visionary Craniosacral

7:45 a.m. – Preparation of breakfast tonics, prepare mid-morning snack
9:00 a.m. – Yoga, Meditation, and Training
Mid-day around 1 p.m. – Lunch (~ 90 min)
2:30 p.m. – Training resumes until dinner
6:30 p.m. - Dinner

Day 3 (workshop) – Visionary Craniosacral

7:45 a.m. – Preparation of breakfast tonics, prepare mid-morning snack
9:00 a.m. – Yoga, Meditation, and Training
Mid-day around 1 p.m. – Lunch (~ 90 min)
2:30 p.m. – Training resumes until dinner
6:30 p.m. - Dinner

Day 4 (workshop) – Visionary Craniosacral Sessions

7:45 a.m. – Preparation of breakfast tonics, prepare mid-morning snack
9:00 a.m. – Yoga, Meditation, and Training
Mid-day around 1 p.m. – Lunch (~ 90 min)
2:30 p.m. – Training resumes until dinner
6:30 p.m. - Dinner

Full Retreat, days 5 - 7:

Day 5 (retreat) – Excursion

Event and Time to be announced, weather permitting
Meals to be announced, depending on activity

Day 6 (retreat) – Excursion

Event and Time to be announced, weather permitting
Meals to be announced, depending on activity

Day 7 (retreat)

Morning – selection of fruits, cereal, smoothie prepared by all
11 a.m. – Check-out