

Balance Within™ Retreat Itinerary June 3rd - 5th 2022 at Lake Bluff Preserve

All weekend Gatherings will be held at **Spruce and Maple Villas (2nd floor)** and all Meals and Snacks will be in **Birch Villa (2nd floor)** unless otherwise noted. You may also help yourself to coffee, tea, fresh fruit, a snack bowl and purified water anytime.

Friday, June 3rd, 2022

Following your Arrival and settling into your room, join us in Birch Villa anytime after 11AM to relax, color mandalas, and to meet your hosts and the other guests.

- **10:00AM Arrival 10AM or Anytime thereafter – Welcome!**
- **12:00PM to 1:00PM Lunch**
- 1:00PM – 1:30PM Introductions, Meet & Greet with *All*
- 1:30PM – 2:30PM Manifestation Wheel with *Peggy* (bring *Balance Within Program* and Journal)
- 3:00PM – 3:45PM Breathwork with *Brian*
- 4:00PM – 5:15PM Basic Yoga Class with *Jill*
- **5:30PM – 6:30PM Dinner**
- 7:00PM – 8:30PM Balance Within Gathering with *Peggy* (bring *Balance Within Program* and Journal)
- 9:00PM – 10:00PM RestoraYin Yoga Class & Crystal Bowls Sound Healing with *Peggy, Jill & Taylor*
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Saturday, June 4th, 2022

- 7:30AM – 8:00AM Meditation & Chanting OM with *Peggy*
- 8:00AM – 8:45AM Gentle Yoga Class: Movements with breath and awareness with *Peggy*
- **9:00AM – 10:00AM Breakfast**
- 11:00AM – 12:15PM Flow Yoga Class with *Jill*
- **12:30PM – 1:30PM Lunch**
- 2:00PM – 2:45PM Breathwork with *Brian*
- 3:00PM – 5:30PM Reiki I Attunement with *Peggy in Maple*
- 3:00PM – 4:30PM Shamanic Journey with *Jill in Spruce*
- **5:30PM – 6:30PM Dinner**
- 7:00PM – 8:00PM Past Life Regression with *Peggy*
- 8:15PM – 8:30PM Cacao Ceremony with *Taylor*
- 8:30PM – 10:00PM Drum Circle & Bonfire with *Jill*

Sunday, June 5th, 2022

- 7:30AM – 8:00AM Meditation & Chanting OM with *Peggy*
- 8:00AM – 8:45AM Gentle Yoga Class: Movements with breath and awareness with *Peggy*
- **9:00AM – 10:00AM Breakfast**
- 10:00AM – 12:15PM Reiki II Attunement with *Peggy in Maple*
- 11:00AM – 12:15PM Flow Yoga Class with *Jill in Spruce*
- **12:30PM – 1:30PM Lunch**
- 1:30PM – 3:00PM Reiki II Attunement with *Peggy in Maple*
- 1:30PM – 2:30PM Breathwork with *Brian in Spruce*
- 3:30PM – 4:30PM Balance Within Closing with *Peggy* (bring Journal)
- **5:00PM Check-Out & Departure**