







ILLUMINATE: A MYSTIC SOUL FESTIVAL

Sample Schedule - Subject to Change

	THU SEPT 11	FRI SEPT 12	SAT SEPT 13	SUN SEPT 14	
8 AM		8:00 - 9:00 a.m. Pranayama Breathing	8:00 - 9:00 a.m. Sun Salutations	8:00 - 9:00 a.m. TBD	8 AM
8:30					8:30
9 AM		9:00 - 10:00 a.m. Energy Alchemy To Support Your Journey	9:00 - 10:00 a.m. Needle Free Chinese Medicine	9:00 - 10:00 a.m. Creating Rituals That Evoke Sanctuary	9 AM
9:30					9:30
10 AM	Travel Day Arrive at Canyon Ranch Lenox	10:00 a.m - 1:00 p.m. Experiential Activation Bar ✱	10 a.m - 11:30 a.m. Tarot Demo ✱	10:00 - 11:00 a.m. Creativity As a Spiritual Practice	10 AM
10:30					10:30
11 AM		11 a.m. - 12:30 p.m. Vision Boarding ✱	11:00 a.m. - 12:00 p.m. Acrylic Painting ✱	Closing Ceremony 	11 AM
11:30					11:30
12 PM			12:00- 1:00 p.m. Aerial Yoga & Sound Clinic ✱		12 PM
12:30					12:30
1 PM		1:00 - 2:00 p.m. The Big 3: ✱ Sun/Moon/Rising	All Day 9:00 a.m. -6:00 p.m. Aura Readings		1 PM
1:30				Travel Day: Enjoy Services and Resort Activities Then Depart at Your Leisure	1:30
2 PM		2:00 - 3:30 p.m. Tea +Tarot: ✱ Aligning Your Dreams	2:00 - 3:30 pm Group Past Life Experience		2 PM
2:30					2:30
3 PM	3:00 - 4:00 pm Journey Through The Tarot		3:00 - 4:30 p.m. Rainbow Crystal Suncatchers		3 PM
3:30		All Day 9:00 a.m. -5:00 p.m. Aura Readings			3:30
4 PM	4:00 - 5:30pm Mindful Meet + Greet		4:00 - 5:00 p.m. Restorative Yoga		4 PM
4:30					4:30
5 PM		5:00 - 6:00 p.m. Edible Plants With An Eastern Slant	5:00 - 6:00 p.m. Tasha Blank Somatic / Dance		5 PM
5:30					5:30
6 PM		6:00 - 7:30 p.m. Chakra Dinner ✱			6 PM
6:30					6:30
7 PM					7 PM
7:30					7:30
8 PM	8:00 - 9:00 p.m. Sound Healing & Reiki Circle	8:00 - 9:00 p.m. ✱ Floating Sound Meditation			8 PM
8:30					8:30
9 PM					9 PM

WORKSHOPS TO ADD:

- Art of Manifesting
- Art of Channeling
- Three Worlds of Soul Experience (Group Soul Journey)
- Shinrin Yoku
- Sun Salutations

RECOMMENDED SERVICES

- Tarot Reading
- Astrology
- Udvartana Massage
- Healing Energy
- Chakra Balancing Massage
- Meeting Your Inner Oracles