

**Retreat Itinerary**  
**(Mountain Time Zone)**

**Thursday- (Airport transportation provided)**

Retreat mixer begins at 7pm  
Individual Interviews/Group Activity- Colored Glasses  
Asian Food for Dinner

**Friday- The Base Model/Schedule/ Double Slit Theory**

8:00am- Meditation  
8:30am- Breakfast  
9am- 12pm Class  
LUNCH  
1:30pm- 4:30pm Activity/Quiz/ Study Group  
5:00pm Dinner (Local Mexican Food-Pollo)  
Free time  
8:00pm- Evening Reception  
9pm Closing Ceremony  
12:00am- 7:30am SLEEP

**Saturday- Menstrual Cycle/ Life Cycle/ Narrative Training**

8:00am- Meditation  
8:30am- Breakfast  
9am- 12pm Class  
LUNCH  
1:30pm- 4:30pm Activity/Quiz/ Study Group  
5:00pm Dinner (Food Truck)  
Free time  
8:00pm- Evening Reception  
9pm Closing Ceremony  
12:00am- 7:30am SLEEP

**Sunday- Quantum Wave/ Spiritual practice/ Study Your Process**

8:00am- Meditation  
8:30am- Breakfast  
9am- 12pm Class  
LUNCH  
1:30pm- 4:30pm Activity/Quiz/ Study Group  
5:00pm Dinner (Home cooking)  
Free time  
8:00pm- Evening Reception  
9pm Closing Ceremony  
12:00am- 7:30am SLEEP

**Departure Sunday Night & Monday Morning**

**FOOD/ VIDDLES**

(Vegan options upon request)

**Breakfast-** Traditional U.S. breakfast items

**Lunch-** sandwiches/ Fruit

**Dinner-** Various Local Mexican Cuisine

**Snack-** Local Mexican snacks, Pastries.

**Beverages-** Juices, Tea and Water

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### FAQ's

1. There will be stairs and substantial walking. Outings in the city; there are a lack of restrooms. Things to be mindful of.

2. Travel insurance is helpful and recommended. For accidents/medical emergencies etc. Please also provide an emergency contact. And also inform me of any life threatening food allergies.

3. All drinks, meals and snacks are provided in home but you are welcomed to purchase anything extra on our outings. Gifts, mementos, etc. Debit cards are taken in a lot of places in tourist areas; Pesos are also advised for tipping in the local neighborhood. Your local bank may be able to exchange for your prior to coming or bringing \$100 in USD to be exchanged may be a good idea. \$100 MXN pesos is about \$5 USD.

4. You are free to begin arriving on Thursday. Retreat activities are Friday, Saturday & Sunday. And you can begin departing late Sunday evening or Monday morning.

5. travel/pack light:

#### Retreat Packing List (Minimal)

- Small Umbrella/Shade hats
- 3-4 Pants/leggings
- 3-4 shirts
- 1 sun dress
- PJ's
- Swimsuit
- Sunglasses
- Tennis shoes
- Sandals
- Socks

- Underwear
- Bra (optional/depending on your wardrobe)
- Small lotion/Toothpaste/Toothbrush
- Accessories
- Medicines/vitamins