

I AM NATURE RETREAT ITINERARY

DAY 1 (FEB 22)

- 8:00AM - 11:00AM - ARRIVALS
- 12:00PM - LUNCH AND FIRST GROUP GATHERING!
- 2:00PM - GUIDED GENERAL TOUR OF FACILITY
- 5:30PM - DINNER
- 7:30PM - EMBODIMENT JOURNEY/INTENTION SETTING

DAY 2 (FEB 23)

- 6:30AM - OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA
- 7:30AM - 8:45AM - BREAKFAST
- 9:00AM - INNER CHILD EMBODIMENT WITH TEAGAN
- 12:00PM - LUNCH INTO FREE TIME
- 2:30PM - CHOCOLATE TOUR WITH ISMAEL
- 6:00PM - DINNER
- 7:30PM - CACAO & HEART OPENING CEREMONY

DAY 3 (FEB 24)

- 6:30AM - OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA
- 7:30AM - 8:45AM - BREAKFAST
- 9:00AM - EMBODIED INTIMACY WITH TEAGAN
- 12:00PM - LUNCH INTO FREE TIME
- 3:00PM - EDIBLE FOREST GARDEN TOUR AND MEDICINAL PLANT IDENTIFYING WITH SARA
- 5:30PM - DINNER
- 7:30PM - EMBODIED DANCE JOURNEY

DAY 4 (FEB 25)

- 6:30AM - OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA
- 7:30AM - 8:45AM - BREAKFAST

9:00AM - VOICE ACTIVATION WORKSHOP WITH TEAGAN

12:00PM - LUNCH INTO FREE TIME

3:30PM - HOLISTIC BODY CARE WITH SARA

6:00PM - TEMAZCAL, SINGING & DISCOVERY

7:30PM - DINNER

DAY 5 (FEB 26)

6:30AM - OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA

7:30AM - 8:45AM - BREAKFAST

9:00AM - HOT SPRINGS/RIVER EMBODIMENT JOURNEY

12:00PM - LUNCH AT THE RIVER/SPRINGS

FREE AFTERNOON

5:30PM - DINNER

7:00PM - ECSTATIC DANCE

DAY 6 (FEB 27)

6:30AM - OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA

7:30AM - 8:45AM - BREAKFAST

9:00AM - 10:30AM - CLOSING GATHERING & CEREMONY

11:00AM - OPTIONAL RAINFOREST HIKE WITH SARA

WORKSHOP DESCRIPTIONS

EMBODIMENT JOURNEY/INTENTION SETTING

We will officially open the container of the retreat by sharing our personal intentions for the week with each other and moving them through the body via guided embodied movement.

OPTIONAL RUN ON CABALANGA RAINFOREST TRAIL WITH SARA (EVERY MORNING AT 6:30AM)

Run the Cabalanga Trail—30 minutes into the cool refreshing forest, an incredible way to start the day connecting to the energies of Nature.

INNER CHILD EMBODIMENT WITH TEAGAN

You will be guided through embodied movement and ritual theatre practices focusing on the cultivation of PLAY, CURIOSITY, and DISCOVERY, the gifts of the inner child. This is a powerful way to kick off the retreat as these three qualities can open the mind to new possibilities and opportunities for aligned transformation.

CACAO MAKING WITH ISMAEL

This cacao tour will take about 3 hours. You will be taken on a thousand-year chocolate journey, and will make both the ancient “Drink of the Gods” and modern chocolate confections. Each participant will get to take some chocolate home with them, and we will also use the drinking chocolate for the heart opening ceremony in the evening.

CACAO & HEART OPENING CEREMONY

Cacao is a heart medicine. It has been used and known to be a powerful way to connect into the energy of the heart and to be able to feel, speak and act from that place. You will be guided through exercises to receive the gifts of this medicine through your body, and then we will explore how the truth of the heart guides the rest of the evening.

EMBODIED INTIMACY WITH TEAGAN

True intimacy begins with the relationship you have with yourself. It goes beyond words, and even beyond the body, deep into the emotional and energetic realm of surrendering to the truth of the moment and learning to honor it as it is. Embodied Intimacy is the practice of connecting to yourself and to others with the body as the guide, the teacher, the vessel of truth. All exercises will be guided in pairs or in a group setting. Physical touch is always optional. Expect to move and be moved.

EDIBLE FOREST GARDEN TOUR AND MEDICINAL PLANT IDENTIFYING WITH SARA

Tour the edible landscape gardens and diverse agroforestry systems at Brave Earth. Attain an integrated understanding of how the Nature around you can support the Nature within you.

EMBODIED DANCE JOURNEY

A journey into the universe of yourself through your intuitive movement and expression using MANA Movement principles.

VOICE ACTIVATION WORKSHOP WITH TEAGAN

Voice Activation is a full body experience. Your voice is not just the way your vocal cords vibrate or how you support your sound with your air. Your voice is your full embodied expression of your individual experience of Truth. You will learn tools and techniques to connect to your Truth and to allow it to vibrate through your whole body, and therefore, to allow your Truth to integrate into the way you want to live your life.

HOLISTIC BODY CARE WITH SARA

An experience to empower you with the basic principles of intuitive cosmic herbalism and an introduction to making tinctures, healing salves, lip balms, massage oils, and more! Nourishing the outside of the body as well as the inside of the body.

TEMAZCAL, SINGING & DISCOVERY

Temazcal is a low heat sweat lodge that can be used for ceremonial cleansing, purification, relaxation, and also provides powerful immune system benefits. In this space we will surrender our bodies to the nourishment of the heat while bathing in community song.

HOT SPRINGS/RIVER EMBODIMENT ADVENTURE

You will be led on a dance journey in the jungle to reconnect and claim what “I am nature” means to you, personally and uniquely. This is a clothing optional experience. There is never an obligation to remove clothing or be nude, period. Rather, there is an opportunity within the safety of the container for those who feel genuinely inspired to do so for their personal liberation.

ECSTATIC DANCE

A celebration of our final evening together as a group in the magical space of ecstatic dance!

CLOSING GATHERING & CEREMONY

Final moments of sharing and connecting with the group. Exchanging gratitude and softly beginning the integration process...