

## GENERAL INFORMATION

### A Gathering of Healers

Retreat Dates: Thursday, September 7 – Monday, September 11, 2017

Location Address: To Be Announced

9/7/17: House Available at 5:00 p.m.

9/11/17: Estimated Time of departure noon

#### RETREAT HOST CONTACT:

Kajara Nia

Rasekhi Healing Arts Temple

rasekhitemple@gmail.com

Cell Phone: (269) 425-9355

Website / Page: <http://www.rasekhihealing.com/goddess-sedona-retreat>

#### GUEST SESSION FACILITATOR:

Mercedes Warrick

It's All Spiritual

[Mercedes@MercedesWarrick.com](mailto:Mercedes@MercedesWarrick.com)

Cell Phone: (702) 348-8800

Website: MercedesWarrick.com, MercedesWarrickArt.com

#### AIRPORT

The closest airport is **PHX Sky Harbor**

#### SHUTTLE SERVICE

There are several shuttle services available. Please feel free to shop and compare. It is about a 2-hour commute between Phoenix and Sedona.

#### **Arizona Shuttle**

Website: <http://www.arizonashuttle.com/schedules/sedona-phoenix/>

Phone: (800) 888-2749

Pick Up / Drop Off: To Be Determined.

## RETREAT ITINERARY

NOTE: ALL TIMES ARE APPROXIMATE & ACTIVITIES ARE SUBJECT TO CHANGE

### Thursday, September 7, 2017

| START     | END       | ACTIVITY DESCRIPTION                  |
|-----------|-----------|---------------------------------------|
| 5:00 p.m. |           | House opens. Arrivals Begin           |
| 6:00 p.m. | 7:00 p.m. | Dinner                                |
| 7:30 p.m. | 8:30 p.m. | Orientation                           |
| 8:30 p.m. | 9:30 p.m. | Opening Libation & Full Moon Ceremony |

### Friday, September 8, 2017

|            |                |  |
|------------|----------------|--|
| 7:00 a.m.  | 8:00 a.m.      | Libation, 36 Breaths, Meditation, The I AM Mind Manifestation, Qi Gong |
| 8:00 a.m.  | 8:30 a.m.      | Yoga   |
| 8:45 a.m.  | 9:15 a.m.      | Breakfast  |
| 9:30 a.m.  | 12:30 p.m.     | Session I  |
| 12:30 p.m. | 1:30 p.m.      | Lunch  |
| 1:45 p.m.  | 4:45 p.m.      | Session 2 (Channel)  |
| 5:00 p.m.  | 6:00 p.m.      | Dinner   |
| 6:15 p.m.  | Until Finished | Session II. Healing Sessions, Evening Meditation                       |

### Saturday, September 9, 2017

|            |                |   |
|------------|----------------|---|
| 7:00 a.m.  | 8:00 a.m.      | Libation, 36 Breaths, Meditation, The I AM Mind Manifestation Qi Gong |
| 8:00 a.m.  | 8:30 a.m.      | Yoga  |
| 8:45 a.m.  | 9:15 a.m.      | Breakfast   |
| 9:30 a.m.  | 12:30 p.m.     | Session I   |
| 12:30 p.m. | 1:30 p.m.      | Lunch   |
| 1:45 p.m.  | 4:45 p.m.      | Sedona Nature   |
| 5:00 p.m.  |                | Departure back to Retreat Location                                    |
| 6:00 p.m.  | 7:00 p.m.      | Dinner  |
| 7:15 p.m.  | Until Finished | Session II. Healing Sessions, Evening Meditation                      |

Sunday, September 10, 2017

|            |                |  |
|------------|----------------|--|
| 7:00 a.m.  | 8:00 a.m.      | Libation, 36 Breaths, Meditation, The I AM Mind Manifestation<br>Qi Gong |
| 8:00 a.m.  | 8:30 a.m.      | Yoga   |
| 8:45 a.m.  | 9:15 a.m.      | Breakfast  |
| 9:30 a.m.  | 12:30 p.m.     | Session I  |
| 12:30 p.m. | 1:30 p.m.      | Lunch in Sedona * (Participants Expense) *                               |
| 1:45 p.m.  | 4:45 p.m.      | Sedona Shopping  |
| 5:00 p.m.  |                | Departure back to Retreat Location                                       |
| 6:00 p.m.  | 7:00 p.m.      | Dinner   |
| 7:15 p.m.  | Until Finished | Session II. Healing Sessions, Evening Meditation                         |

Monday, September 11, 2017 (Departure Day)

|           |             |   |
|-----------|-------------|---|
| 7:00 a.m. | 7:50 a.m.   | Libation, 36 Breaths, Meditation, The I AM Mind Manifestation |
| 8:00 a.m. | 8:30 a.m.   | Breakfast   |
| 8:30 a.m. | 9:30 a.m.   | Closing Ceremony  |
| Noon*     | (Estimated) | House Closes  |

**Additional Notes:**

- Weather in Sedona can be beautiful during the day. You may want a light jacket or sweater and dress in layers.
- Bring a journal. It is suggested one that you can sketch and write. No lines.
- Bring a yoga mat.
- Food choices will be vegan, raw and cooked. If you have food allergies, please make sure that Mut Kajara knows your requirements.