

**WEDNESDAY, 7<sup>TH</sup> OCTOBER**  
**DAY 1**

**THE MOTHER ARCHETYPE**

*SAFETY, BELONGING, NOURISHMENT, INNER  
FEMININE HEALING*

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<b>14:45 – 15:30</b> <i>Welcome &amp; Nourish</i>	●	<b>Arrival and Check-in &amp; Welcome Snacks</b>
<b>16:00 – 16:45</b> <i>Orientation</i>	●	<b>Retreat Framework;</b> Introduction to Archetypes, Somatic work and breathwork
<b>17:00 – 17:30</b> <i>Imprint Mapping</i>	●	<b>Body-Mind Mapping</b> Tracing somatic imprints of survival states
<b>17:15 – 17:45</b> <i>Groundwork for nervous system regulation</i>	●	<b>The Four Pillars of Safety</b> – physical, emotional, sexual, and spiritual
<b>17:30 – 18:00</b> <i>Pause &amp; Reflect</i>	●	<b>Pause and Reflect</b>
<b>18:00 – 18:30</b> <i>Healing &amp; Wholeness</i>	●	<b>The Mother Within:</b> Embodied Feminine and Safety - healing practice
<b>18:30 – 19:30</b> <i>Experience</i>	●	<b>Somatic Session &amp; Transformational Breathwork:</b> A deep breathwork journey to access the unconscious and integrate transformation
<b>20:00 – 21:00</b> <i>Nourish</i>	●	<b>Dinner</b>

**THURSDAY, 8<sup>TH</sup> OCTOBER**

**DAY 2**

**THE MAIDEN ARCHETYPE**

*CURIOSITY, VITALITY, INNOCENCE, SENSUAL AWAKENING*

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<b>08:30 – 9:30</b> <i>Nourish</i>	●	<b>Breakfast &amp; nourish to begin the day</b>
<b>9:30 – 10:30</b> <i>Expand</i>	●	<b>Conscious conversation;</b> Integration; Archetypal Journey
<b>11:00 – 12:00</b> <i>Experience</i>	●	<b>Morning Somatic Practice</b> – Breath, Movement & Sensory Embodiment
<b>12:00 – 12:30</b> <i>Pause</i>	●	<b>Pause and Reflect</b>
<b>12:30 – 13:00</b> <i>Desire Mapping Through the Senses</i>	●	<b>Five Senses Reality Practice</b> Exploring mature vs. immature expressions of the feminine
<b>13:30 – 14:30</b> <i>Nourish</i>	●	<b>Lunch</b>
<b>14:30 – 17:00</b> <i>Pause &amp; Reflect</i>	●	<b>Rest, journal, walk in nature, or enjoy a massage.</b>
<b>17:00 – 17:30</b> <i>Healing &amp; Wholeness</i>	●	<b>Yoni Reflexology Breathwork</b> – resetting polarity, clearing stored imprints, releasing past experiences, restoring energy
<b>18:00 – 19:15</b> <i>Experience</i>	●	<b>Safety in Pleasure &amp; Sensuality</b> – somatic practice & Therapeutic Breathwork journey
<b>19:30 – 20:30</b> <i>Nourish</i>	●	<b>Dinner &amp; Evening Rest</b>

**FRIDAY, 9<sup>TH</sup> OCTOBER**

**DAY 3**

**THE WILD WOMAN ARCHETYPE**

*BREAKING PATTERNS, SHAKING OFF  
REPRESSION, BOUNDARIES, FREEDOM*

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<b>08:30 – 9:30</b> <i>Nourish</i>	●	<b>Breakfast &amp; nourish to begin the day</b>
<b>9:30 – 10:30</b> <i>Expand</i>	●	<b>Conscious conversation; The Four Shadow Selves</b>
<b>11:00 – 12:00</b> <i>Experience</i>	●	<b>Morning Somatic Practice</b> – Breath, Movement & Recovery
<b>12:00 – 12:30</b> <i>Pause</i>	●	<b>Pause and Reflect</b>
<b>12:30 – 13:15</b> <i>Somatic Inner Recovery</i>	●	<b>Shadow Mapping:</b> Lost, False, Disowned, and Rejected Self & The Journey to the Underworld – Recovering the Lost Self Practice
<b>13:30 – 14:30</b> <i>Nourish</i>	●	<b>Lunch</b>
<b>14:00 – 17:00</b> <i>Pause &amp; Reflect</i>	●	<b>Rest, journal, walk in nature, or enjoy a massage.</b>
<b>17:00 – 17:30</b> <i>Healing &amp; Wholeness</i>	●	<b>Embodied Freedom – Boundaries as Power</b> – a somatic journey
<b>18:00 – 19:00</b> <i>Experience; Somatic Healing</i>	●	<b>Somatic</b> healing to restore inner balance <b>Therapeutic Breathwork Session</b>
<b>19:30 – 20:30</b> <i>Nourish</i>	●	<b>Dinner</b>

**SATURDAY, 10<sup>TH</sup> OCTOBER**

**DAY 4**

**THE QUEEN ARCHETYPE**

*SOVEREIGNTY, INNER AUTHORITY, LOVE*

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<b>08:30 – 9:30</b> <i>Nourish</i>	●	<b>Breakfast &amp; nourish to begin the day</b>
<b>9:30 – 10:30</b> <i>Expand</i>	●	<b>Conscious conversation:</b> Power, leadership, and the ecology of thriving
<b>11:00 – 12:00</b> <i>Experience</i>	●	<b>Morning Somatic Practice</b> – embodied power and authority
<b>12:00 – 12:30</b> <i>Pause</i>	●	<b>Pause and Reflect</b>
<b>12:30 – 13:15</b> <i>Embodied Sovereignty</i>	●	<b>Somatic exploration</b> of love, leadership, and boundaries in relationships
<b>13:30 – 14:30</b> <i>Nourish</i>	●	<b>Lunch</b>
<b>14:00 – 17:00</b> <i>Pause &amp; Reflect</i>	●	<b>Rest, journal, walk in nature, or enjoy a massage.</b>
<b>17:00 – 17:30</b> <i>Healing &amp; Wholeness</i>	●	<b>Somatic Meditation:</b> I Take My Rightful Seat in Life
<b>18:00 – 19:00</b> <i>Experience</i>	●	<b>Embodiment:</b> self-trust and confidence <b>Therapeutic Breathwork Session</b>
<b>19:30 – 20:30</b> <i>Nourish</i>	●	<b>Dinner</b>

**SUNDAY, 11<sup>TH</sup> OCTOBER**  
**DAY 5**

**THE SAGE ARCHETYPE**  
*CLARITY, DISCERNMENT, INTEGRATION*

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<b>08:00 – 9:00</b> <i>Nourish</i>	●	<b>Breakfast &amp; nourish to begin the day</b>
<b>9:00 – 10:30</b> <i>Expand</i>	●	<b>Conscious conversation;</b> Breath of Stillness
<b>10:30 – 11:45</b> <i>Experience</i>	●	<b>Embodied Discernment:</b> direction and the ability to move through life from inner knowing, <b>closing breathwork &amp; integration</b>
<b>11:45 – 12:15</b> <i>Check-out</i>	●	<b>Check-out &amp; farewells</b>
<b>12:30 – 13:00</b> <i>Closing</i>	●	<b>Final Circle &amp; Completion</b>
<b>13:00 – 14:30</b> <i>Nourish &amp; Pause</i>	●	<b>Lunch &amp; Goodbye</b>