

Sacred Connection Retreat

May 2 – 6, 2024

Sacred Rocks Sedona Retreat Center • Sedona AZ

(Subject to change)

Notes:

- A 60-minute 1:1 Healing & Transformation Session with Jenn will be scheduled for you. Your timeslot will be assigned upon your arrival at the retreat.
- If you would like additional 1:1 support with Jenn or Mark, there are limited spots available to book on a first-come, first-serve basis. Send us an email to book a session.
- When you are not in session or participating in a group activity you have free time.

Thursday, May 2nd

3:00pm

Arrivals

Check-in at the retreat center is at 3:00pm. There are 2 shuttle options: shuttle 1 will leave the Phoenix Airport at 12:15pm and arrive at the retreat center by 3:30pm; shuttle 2 will leave the Phoenix Airport at 1:45pm and arrive at the retreat center by 4:30pm. We will coordinate shuttle information upon your registration.

5:00pm

Welcome & Orientation

6:30pm

Dinner

8:00pm

Heart Opening Cacao Ceremony & Sound Healing Journey

Friday, May 3rd

7:30am

Restorative Yoga, Meditation & Sound Healing

8:30am

Breakfast

9:30am

Morning Sessions:

Group A: 60-minute Massage & Reiki Session

Group B: Equine Facilitated Healing with Mark

12:00pm

Lunch

1:30pm

Afternoon Sessions:

Group A: Equine Facilitated Healing

Group B: 60-minute Massage & Reiki Session

4:00pm

Free Time

5:30pm

Group Powwow

6:30pm

Dinner

7:30pm **Sound Healing Journey**

Saturday, May 4th

7:30am **Restorative Yoga, Meditation & Sound Healing**

8:30am **Breakfast**

9:30am **Group Sessions**

12:00pm **Lunch**

1:00pm **Free Afternoon**

5:30pm **Dinner**

6:30pm **Fire Purification Ceremony in a tipi
Led by Meaghan McCue, Pranic Healer & Retreat Center Owner**

9:00pm **Stargazing, Sound Healing & Meditation in the desert**

Sunday May 5th

7:30am **Restorative Yoga, Meditation & Sound Healing**

8:30am **Breakfast**

9:30am **Group A: Equine Facilitated Healing with Mark
Group B: Sacred Land Journey & Vortex Tour**

12:00pm **Lunch**

1:30pm **Group A: Sacred Land Journey & Vortex Tour
Group B: Equine Facilitated Healing with Mark**

4:00pm **Free Time**

5:30pm **Group Powwow**

6:30pm **Dinner**

7:30pm **Sound Healing Journey & Burning Ceremony**

Monday, May 6th

8:30am **Breakfast**

9:45am **Departures**

The shuttle will depart the Retreat Center at 9:45am and will arrive at the Phoenix Airport at 12:30pm.