



**Veracis Wellness
Advanced Retreat
Itinerary**

Brew Creek Lodge, Whistler
Nov. 26-28, 2010



Friday, Nov. 26, 2010

5-6 pm Arrival & Settling In
6:30 pm *Dinner*
7:30 Opening Welcome & Weekend Overview

Meditation - "Intention, Body Reality, & Upper Chakras"

Relaxation

Saturday

7-9 am *Breakfast*
9-10:30 Meditation "Balancing Inner & Outer Chakra's"
11am-12pm Hatha Yoga
12:30 *Lunch*
1-2 Healing Space
2-4 Personal Time
4-5:30 Meditation "Validation & Mock-ups"
6 pm *Dinner*
7:30 pm Sacred Space & Sharing

Sunday

7-9 am *Breakfast*
9-10:15 Hatha Yoga
11am-12:30pm Meditation "Peace & Love"
12:30 *Lunch*
2-3 Closing Meditation

\$465 per person, shared
\$200 non-refundable, non-transferable deposit due at time of registration

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www.veraciswellness.com

Prices do not include transportation or taxes.