



Itinerary

Friday January 4, 2019

4:00 pm Gentle arrival and socializing
 6:00 pm Potluck Dinner (Please bring a potluck offering)

Saturday January 5, 2019

8:00 am – 9:00 am Breakfast provided
 9:00 am – 10:00 am Optional Meditation – Temple
 10:00 am – 12:00 pm New Moon New Year Teaching – Aligning to the Spirit of 2019, with Gaisheda Kheawok
 1:00 pm – 2:00 pm Lunch provided
 2:00 pm – 6:00 pm Free Time and Personal Reflection
 - *Read, rest, meditate, or participate in outdoor activities such as hiking, snow-shoeing, skating and cross-country skiing*
 - *Personal Soul Consultations and Shamanic Energy Medicine Sessions available with Gaisheda Kheawok*
 6:00 pm – 7:00 pm New Moon New Year Celebratory Potluck Dinner (Please bring a potluck offering)
 7:00 pm Movie and Popcorn Night
 - *Goddess Remembered* (Donna Read, National Film Board of Canada)
 - *Feminists: What Were They Thinking?* (Johanna Demetrakas, Netflix)

Sunday January 6, 2019

7:00 am – 8:00 am Breakfast provided
 8:00 am – 10:00 am Optional Group Alchemy - *Honouring the New Pattern, Aligning to The Sacred Masculine New Moon Group Alchemy*
 10:00 am – 12:00 pm New Moon New Year Teaching – Aligning to the Spirit of 2019, with Gaisheda Kheawok
 12:00 pm – 1:00 pm Lunch provided
 1:00 pm Free Time and Personal Reflection
 - *Read, rest, meditate, or participate in outdoor activities such as hiking, snow-shoeing, skating and cross-country skiing*
 - *Personal Soul Consultations and Shamanic Energy Medicine Sessions available with Gaisheda Kheawok*
 4:00 pm Pack up and departure