



*Celebrate the Lunar Lammas Festival and Celtic Wisdom Wheel Teachings
Retreat*

Retreat Itinerary (times may vary)

Friday, August 2, 2019

- 3:00 pm - Arrival and Registration
- 6:00 pm – Potluck Dinner (please bring a potluck offering)
- 7:30 pm – Evening Meditation and Teachings

Saturday, August 3, 2019

- Opening Ceremony -Time To Be Announced
- 7:00 am – Breakfast
- 9:00 am – Morning Workshop and Teachings
- 1:00 pm – Lunch
- 2:00 pm – Afternoon Workshop and Teachings
- 4:00 pm – Free Time and Personal Reflection
 - *Read, rest, meditate, or participate in outdoor activities such as swimming, canoeing, and kayaking*
 - *Thirteen Canoes® Personal Soul Consultations and Shamanic Energy Medicine Sessions available with Gaisheda Kheawok*
- 6:30 pm – Dinner

Sunday, August 4, 2019

- 7:30 am – Breakfast
- 8:30 am – Optional Shamanic Group Alchemy – Honouring the First Harvest and the Teachings of Lammas
- 12:00 pm – Lunch
- 1:00 pm – Closing Teachings and Ceremony
- 3:00 pm – Clean up and Pack up; and/or Thirteen Canoes® Personal Soul Consultations and Shamanic Energy Medicine Sessions available with Gaisheda Kheawok

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