



*Celebrate Summer Solstice and the Thirteen Canoes™ Wisdom Wheel Teaching Retreat*

***Retreat Itinerary (times may vary)***

*Friday, June 21, 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, June 22, 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

8:30 pm – Sunset Fire Ritual

*Sunday, June 23, 2019*

7:30 am – Breakfast

8:30 am – Optional Shamanic Group Alchemy: Honouring the Sun King and the Teachings of Summer Solstice

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

416-588-4503 / 613-757-1539

[arc@whisperingsong.ca](mailto:arc@whisperingsong.ca)

[info@whisperingsong.ca](mailto:info@whisperingsong.ca)