



✨ **Retreat Program** ✨
 3 days, May 30 – June 1, 2026

DAY 1 ARRIVAL & SOFT LANDING	DAY 2 PRACTICES & RESTORATION	DAY 3 PRACTICES & CLOSING
<p>15:00 Arrival & Grounding</p> <ul style="list-style-type: none"> • Arrival at the retreat, check-in • Light snack in a calm atmosphere • Introductions and a gentle immersion into the retreat space <p>16:00 Soft Connection with the Body</p> <ul style="list-style-type: none"> • 30-minute light stretching – a gentle way to reconnect with your body through movement <p>17:00 Rest & Restoration</p> <ul style="list-style-type: none"> • SPA area: sauna, jacuzzi, outdoor pool • Time for silence and inner slowing down <p>19:00 Evening Atmosphere</p> <ul style="list-style-type: none"> • Shared dinner • Connection, ease, getting to know each other • Gentle immersion into the women’s circle <p>21:30 End of the Day</p> <ul style="list-style-type: none"> • Yoga Nidra – Sleep yoga/meditation • Deep relaxation and nervous system restoration • A space without rush – simply being 	<p>6:00 Early Morning Rhythm</p> <ul style="list-style-type: none"> • Gentle awakening • Light stretching as you welcome the sunrise • Optional cold water immersion in the lake (a refreshing reset) <p>7:00 Slow Breakfast & Rest</p> <ul style="list-style-type: none"> • Breakfast at a slow, mindful pace • Time for rest, silence, and gentle presence <p>9:30 Transformational Group Work</p> <ul style="list-style-type: none"> • Group 1 – Deep inner work through the “Strategy of Change” game • Groups 2 & 3 – Space for slowing down, quiet reflection, spa & pool <p><i>Optional: individual therapy with certified Traditional Chinese Medicine (TCM) specialist</i></p> <p><i>Olena Shtepura:</i></p> <ul style="list-style-type: none"> – Cupping – included in the program – Acupuncture – available at an additional cost (insurance benefits accepted); booking upon program registration <p>12:00 Restoration</p> <ul style="list-style-type: none"> • Lunch • Time for rest <p>14:00 Body-Based Practices</p> <ul style="list-style-type: none"> • Session with guest expert in Traditional Chinese Medicine Olena Shtepura: a deeper understanding of the body, energy, and balance for stress management; Chinese astrology; Nutrition, and recovery • Qigong (Цигун) – returning to yourself through movement and breath <p>17:00 SPA Rituals</p> <ul style="list-style-type: none"> • Sauna, pool & deep relaxation • A space to fully restore and unwind <p>19:00 Evening Nourishment</p> <ul style="list-style-type: none"> • BBQ dinner • Soft music, fire, connection & grounding energy <p>21:30 End of the Day</p> <ul style="list-style-type: none"> • Yoga Nidra – Sleep yoga/meditation • Deep, restorative rest 	<p>6:00 Early Morning Grounding</p> <ul style="list-style-type: none"> • Gentle awakening • Morning stretching (optional) <p>7:00 Slow Breakfast & Rest</p> <ul style="list-style-type: none"> • Breakfast at a slow, mindful pace • Time to rest and ease into the day <p>9:30 Transformational Group Work</p> <ul style="list-style-type: none"> • Group 2 – Deep inner work through the “Strategy of Change” game • Groups 1 & 3 – Space for slowing down, quiet reflection, spa & pool <p>12:00 Restoration</p> <ul style="list-style-type: none"> • Lunch • Time for rest <p>14:00 Transformational Group Work</p> <ul style="list-style-type: none"> • Group 3 – Deep inner work through the “Strategy of Change” game • Groups 1 & 2 – Space for slowing down, quiet reflection, spa & pool <p>16:30 Retreat Closing</p> <ul style="list-style-type: none"> • Closing circle & reflections • Gentle integration of the experience • Departure

This space is created for you
 to pause, let go of what no longer serves you,
 and return to yourself – more deeply and calmly