

ECETI Spring Retreat Guest Schedule

Thursday: May 19th

- ★ 12 pm Arrival and Check-In
- ★ 3 pm Tour Ranch: Intention Walk or Personal Meditation
- ★ 4 pm Yoga & Qigong Flow with Jena Baird
- ★ 5 pm Dinner
- ★ 6 pm Free Time
- ★ 7 pm Opening Ceremony
- ★ 9 pm Get Ready for Skywatch
- ★ 9:30 pm Skywatch

Friday: May 20th

- ★ 7 am Tea & Snack Time
- ★ 7:30 am Presentation on Healthy Morning Rituals
- ★ 8 am Prana Yoga Flow & Breathwork with Jena ★ 9 am Breakfast
- ★ 10 am Cameron Clapp's Intention Setting Presentation
- ★ 12 pm Lunch
- ★ 1 pm Self Healing Workshop with Clark Baird
- ★ 3 pm Free Time
- ★ 3:30 pm Qigong: Eight Brocades with Clark
- ★ 4 pm Self Healing Workshop (continued)
- ★ 6 pm Dinner
- ★ 7 pm Circle Work
- ★ 8 pm Sound Bath with Jena & Maylia
- ★ 9 pm Skywatch Routine (hot drink, comfy clothes, & power-ups)

Saturday: May 21st

- ★ 7 am Tea & Snack Time
- ★ 8 am Qigong Flow with Maylia followed by Yoga with Jena
- ★ 9 am Breakfast
- ★ 10 am Adventure Trip (pack lunch)
- ★ 5 pm Free Time
- ★ 6 pm Dinner
- ★ 7 pm Shamanic Journeying
- ★ 8 pm As You Wish Show James Gilliland
- ★ 9 pm Healing Circle James Gilliland / Skywatch Routine

Sunday: May 22nd

- ★ 7 am Tea Time
- ★ 8 am Breakfast
- ★ 9 am Yigong with James & Maylia
- ★ 10 am Closing Ceremony
- ★ 12 pm Check-Out (by 2 pm)