The Forgetful Heart

	Wisdom & Healing					Retreat					
DATE / TIME	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th
7.45 - 8.15		Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
8.30 - 9.15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30 - 10.45		Drum Making / Spirit crafting	An'N Introduction	The 3 Fears	Medicine walk	Community Reflection	Our Forgetful Hearts	The Begging Bowl	Broken Heart Psychopomp	Despacho of the forgotten	Check Out
10.45 - 11.00		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11.15 - 12.45		Drum Making / Spirit crafting	Guiding Spirits	Understanding the Forgiveness Ritual	Medicine walk healing	Community Healing	The heart's Longing	forgiveness of the Earth	Broken Heart Psychopomp	Despacho of the forgotten	
13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14.15 -16.00	Welcome & check-in	Drum Making / Spirit crafting	Elemental Threads	Soul Feeding ritual	Initiate preparation	**ARRIVAL**	Secrets of the heart	Heart Tulpa	Broken Heart Psychopomp	Hearts on Fire	
16.00 -16.30	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea		Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	
16.45 - 19.45	Ceremony of Longing	Drum Trance & Healing	Elemental Trance	Song & Dance of the Mystic	Initiation Ceremony	Ancestral ceremony Mór N'naofa	Breaking open the heart (Trance)	Rivers of Blood & Milk:	Red Mountain; Heart & Will	Fire Ritual/Walk	
20.00 - 20.45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 - 22.00	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	