

Autumn Women's Writing Retreat Program

Friday, November 2 through Sunday, November 4
Corner Tree Bohemian Retreat // Centerburg, Ohio

Friday - November 2

Nourishing Dinner

Intention-Setting Ceremony
Visualize hopes for the weekend and beyond

Group Heart Meditation
Focusing on heart chakra, connecting the group to each other, creating safe space for the weekend

The Masks We Wear
Activity to acknowledge the face we show to the world, and what goes unseen

Optional Mediumship Meditation
learn how to listen to your spirit guides and protect yourself

Candles & Conversation

Saturday - November 3

Breakfast, Tarot Readings, Independent Journaling

Meditation
Morning meditation to set the tone for the day

Morning Journal Prompt & Conversation
Reflection of Friday activity to fully process and break through barriers

Independent Writing
Scarcity mindset & Self-Sabotage

Lunch & Break

Meditation
Moment to transition from the break to being present and centered

Afternoon Journal Prompt & Conversation

Defining gratitude, embracing its nourishing qualities and paradigm shifting power

Independent Writing

Taking time to explore beliefs about gratitude, and show an expression of gratitude

Dinner

Candles & Conversation

Sunday - November 4

Breakfast, Tarot Readings, Independent Journaling

Yoga

Gentle morning movement led by Leslie MacNabb to settle into yourself and connect with your body

Meditation

Morning meditation to set the tone for the day

Morning Journal Prompt & Conversation

The faces of abundance

Independent Writing

Identifying abundance in your life

Lunch & Break

Meditation

Moment to transition from the break to being present and centered

Afternoon Journal Prompt & Conversation

Connection between gratitude and abundance

Manifestation Ritual

A practice to encourage your belief in yourself to achieve your aspirations, give positive energy to those dreams

Closing Ceremony