

Retreat Itinerary:

Let Jody know your flight plans - our goal is to get ONE pick up van and arrive to the resort together. Using this sample flight info, our pick up van would be scheduled for 4:pm and arrive to our destination by 4:45pm.

Bam's Express Charter is flies between Nassau and Arthur's Town, Cat Island.

They only fly on Monday, Wednesday and Friday three times a week!

Please plan accordingly.

Arrival Day (10th)

4:30 - 5:30pm Settle in and receive personalized gifts

5:30pm - 6:30pm Dinner

7:00pm - Emotional decompression time around the fire-pit

FYI - there will not be hand holding or cumbyah singing! Tears may be shed but that is acceptable.

First Full Day (11th)

7:00am - Meditation space

8:00 - 9:00am - Continental Breakfast

9:00 - 12:00pm - Combined energy balance session, followed by Oracle card pull

12:00 - 1:00pm - Lunch

2 :00pm - Personal reflection time

5:30pm - Dinner

7:00pm - Fire-pit time - sharing & gratitude

Second Full Day (12th)

7:00am - Meditation space

8:00 - 9:00am - Continental Breakfast

9:00 - 12:00pm - Combined energy balance session, followed by Oracle card pull

12:00 - 1:00pm - Lunch
2 :00pm - Personal reflection time
5:30pm - Dinner
7:00pm - Fire-pit time - sharing & gratitude

Third Full Day (13th)

7:00am - Meditation space
8:00 - 9:00am - Continental Breakfast
9:00 - 12:00pm daily meet-up for group learning by attendees, questions & interests
12:00 - 1:00pm - Lunch
2 PM - Personal reflection time
5:30pm - Dinner
7:00pm - Fire-pit time - sharing & gratitude

Fourth Full Day (14th)

7:00am - Meditation space
8:00 - 9:00am - Continental Breakfast
9:00 - 12:00pm - Beach hike
12:00 - 1:00pm - Lunch
2 PM - Personal reflection/Beach time
5:30pm - Dinner @ the Smoke Pot
7:00pm - Fire-pit time - sharing & gratitude

Last Day (15th)

7:00am - Meditation space
8:00 - 9:00am - Continental Breakfast
9:00 - 11:00pm - Closing group exercise through personal reflection, & check out time

Again, planning on only have ONE pick up van to take us back to the airport - Most likely flying to the island with BAM'S EXPRESS CHARTER

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Food stuff to bring:

Personalized snack items - remember you eat more and snack more through emotional healing. Store items are limited. Please call Jody if you have any questions!