

# Sand Sea and Spirit

Sat Sep 9, 2017

## All day Buluk Akbal

Sat Sep 9, 2017 - Sun Sep 10, 2017

## 3:30pm - 6pm Registration and Social Gathering

**Where:** Phoenix VI Large Community Room

**Description:**

Register and Pick up Retreat information in the large community room. Great time to see who is a familiar face and introduce yourself to new friends. Purchase raffle tickets for Door Prizes. Purchase and order t-shirts and keepsake items. Schedule services offered by practitioners and body workers. Sign up for classes with materials fee.

## 3:30pm - 5:30pm Retail Set Up

**Where:** Phoenix VI Small Community Room

**Description:**

Retailers can begin set up during this time as well as after Opening Ceremony. Room will be closed from 5:45 pm to 9 pm - during Orientation and Opening Ceremony. Vendors sign up for retail space coverage.

## 4:30pm - 5:30pm Light Supper

**Where:** Large Community Room

**Description:**

Take this time to have a light deli style supper, settle in to your condos, and do a little shopping. Provided by Debi Kuhn.

## 6pm - 7pm Orientation and Welcome

**Where:** Large Community Room

**Description:**

Recommended for everyone, as the retreat changes each year. Welcome address— Karen Rollins and Dottie Asselin What's new and different Intentions of the Retreat Overall view — where things are and who to contact Introduce Resource People and Newbies

## 7pm - 9pm Opening Ceremony - OPEN TO ALL

**Where:** Large Community Room

**Description:**

With Gratitude for those present, we begin our retreat. Join us as we set the space and intention with Sacred Ceremony and Sound. Setting the Intention for Conference Retreat with Prayer and Blessing - Rev. Christy Snow Meditation - Rev. Renee' Leboa Prayer Circle - Place all that we request healing for in a prayer circle. We can add to this throughout our time together. At the end of Retreat, we light these and send our requests to our Creator. Sacred Sound - Drumming with Intention - led by the Elder Wise Women Register for free class drawings

## 9pm - 10pm Retail Set Up

**Where:** Small Community Room

**Description:**

Retailers can complete set up. What an impressive selection of hand crafted items, music, crystals, clothing, essential oils and a variety of health and wellness products.

Sun Sep 10, 2017

## All day Lacha Kan - Ben Trecena

Sun Sep 10, 2017 - Mon Sep 11, 2017

## Sand Sea and Spirit

**7:30am - 7:45am**

**Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins**

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

**8am - 9am \*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

**8am - 9am Yoga - Empower Hour - Jamie Robertson - Orange Beach Yoga**

**9am - 10:15am Energy Flow - Dottie Asselin**

**Where:** Large Community Room

**Description:**

Join Dottie as she shares her latest insights into the shifts and new patterns of energy. Dottie explores the mystique of the "Aura." Dottie's presentation on Auras and Energy Patterns is highlight of the Retreat. She has clearly seen the personal energy field all of her life and is able to speak directly of what she sees - colors, feelings, thought patterns, etc. These patterns provide Dottie with insights about individuals that can help them reach a deeper understanding of their inner feelings and the world around them.

**10:30am - 11:30am Sunday Service - Rev. Christy Snow - OPEN TO ALL**

**Where:** Community Room

**Description:**

Rev. Christy Snow shares her wisdom and worship. Inspiration flows from this dynamic spiritual leader.

**11:30am - 2pm Lunch Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

**11:45am - 12:45pm Tai Chi**

**Where:** Various

**Description:**

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check for location and time each day.

**1pm - 2pm Open to All - PTSD Brainsweep Intervention Demo - Margie Kalaluhi**

**Where:** Condo 003

**Description:**

Margie will offer a one hour PTSD Brainsweep Intervention Demo in recognition of World Suicide Prevention Day. This is a free event open to all that may be interested.

# Sand Sea and Spirit

## **2pm - 3:30pm \*\*\* Theta Healing - Kathy Davis, RN**

**Where:** Community Room

**Description:**

Clearing Beliefs that Resist Healing- Kathy Davis, RN - Using both Theta Healing and LIIFT techniques to change limiting beliefs. About Kathy - "I am a RN living in Cincinnati, Ohio. I began my holistic journey in 1999 with Journeys of Wisdom in Columbus, Oh. I became a certified holistic guide in 2001. From there I am certified in The Reconnection by Dr Eric Pearl. Then it was on to Garden Park Unity church where I was a prayer chaplain for several years and I learned healing through Sacred Meditation. I learned my energy work from Quantum Healing and Phoenix Vibrational healing. I am certified in Theta Healing where I have learned to heal by changing erroneous beliefs and perceptions. My most recent certification is in LIIFT (life Improving Internal focus technique). This method creates shifts in consciousness to clear various states and situations."

## **3:30pm - 5pm \*\*\* Hidden in Plain Sight - Kimberli Ridgeway D.N.H.**

**Where:** Plain Sight - Kimberli Ridgeway

**Description:**

Exposes a hidden grid over the United States and the globe. Integrateslatitudes, longitudes, and sacred geometry. Kimberli is a SpiritualHealer and has worked with the alternative healing arts for about 2decades. Kimberli started her journey into the realm of the unseen as achild. Then in her 20's she trained on the Tuallip Indian reservationwith a Grandmother known as NaNa. Kimberli's Native American name isSoul Retriever. The art of Soul Retrieval involves finding where thesoul is damaged and losing precious life force and bringing a personback to spiritual wholeness. This process can be used for those who arewith or without a body.

## **5pm - 5:30pm Community Meal Setup**

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

## **5:30pm - 7pm Community Supper**

**Where:** Large Community Room

**Description:**

Our first meal together as family. May this and all meals bring nourishment to our body and spirit. Provided by Debi Kuhn.

## **7pm - 8:30pm Journaling - Justine Marple**

**Description:**

Simply stated, journaling is the transference of ideas into words onpaper. But, it is more than that, much more. Writing is power, and witha fully open mind and open heart, one can chart new life courses withyour dreams and imagination. This year at SSS, Justine's journalingclass will be an informal, interactive gathering of minds, bodies, andspirits. Our goal will be to feel and know Nettie's journaling wisdom.Nettie always said that when she picked up the red pen to journal, itwas God speaking. Justine started journaling in 1996 with Grand Master Nettie Morse. Through the process of journaling, Justine has been ableto revisit and imagine her life (past, current, and future).

## **8:30pm - 9:30pm Indoor Moonlight Meditation**

**Where:** Community Room

**Description:**

An option of coloring mandalas for those less able or less desirous of walking out to the beach.

## **8:30pm - 9:30pm Moonlight Meditation - Karen Rollins and Gloria Smith**

**Description:**

A crystal bowl meditation under the Moon. What a perfect opportunity to set your intentions during the Retreat. Allow the Moon to bring light and intensity to the intentions planted during this time.

## Sand Sea and Spirit

### 9:45pm - 10pm Sacred Sound

**Where:** Racquetball Court

**Description:**

We gather to combine our intentions in the creation of this Sacred Sound after Meditation.

Mon Sep 11, 2017

### All day Ox Lahun Chicchan - Ben Trecena

Mon Sep 11, 2017 - Tue Sep 12, 2017

### 7:30am - 7:45am

#### Cosmic Chords - Maya Morning Meditation on the Beach -

**Karen Rollins**

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 10:30am Lifeline Ignite - Margie Kalaluhi

**Description:**

I present and narrate Dr. Darren Weissman's PowerPoint presentation on the Lifeline Technique® I will do a Lifeline Ignite Plan Healing Circle and Meridian Tapping of Chakra Affirmations and our Intention with Infinite Love and Gratitude. The LifeLine Technique™ is both an ancient and advanced complete system of transformation and wholeness. It is a philosophy, a science, a quantum technology that bridges the gap between the conscious and subconscious minds. At the root of every symptom, stress and disease demonstrate the subconscious emotional pattern of reaction. When activated, this pattern of reaction will cause both behavioral and biological stressors. The cornerstone of the LifeLine Technique is its view of symptoms, stress and disease. Instead of thinking that there is something wrong with a person, the LifeLine Technique looks at symptoms, stress and disease as the language your body and life uses to awaken you to your authentic power of transformation and your ability to create change. The LifeLine Technique® enables a person to activate their subconscious mind and thus have a direct impact on genetic expressions affecting the health of their bodies and the relationships in their lives. We focus on the Five Basics for Optimal Health - the quantity, quality, and frequency of water, food, rest, exercise and owning your own power. Anyone who is passionate about taking responsibility for their life and consciously bringing out their best can be trained to be a Certified LifeLine Practitioner.

### 10:30am - 11:30am Tai Chi

**Where:** Various

**Description:**

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check your program for location and time each day.

### 11:30am - 1:30pm Meal Out

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

# Sand Sea and Spirit

## 1:30pm - 3pm Herbal Alternatives - Carolyn Hall

### Description:

Learn more about herbal alternatives to support health and wellness. Carolyn Hall is owner/operator of David's Gallery. She has double Master's Degree in Psychology & Special Education from University of Alabama. Carolyn has been a mainstay since Sand Sea and Spirit's beginning.

## 3pm - 4:30pm Nano Farms and Microgreens - Jesse and Jessica Carbullido

**Where:** Community Room

### Description:

Come learn from the experts! Jesse and Jessica will share about Nano Farms and Microgreens. You'll also learn about chemical free foods and providing nutrition for you and your family. Jesse and Jessica own a one-of-a-kind farm with Heirloom varieties, Microgreens, Specialty Crops, Herbs and more! Farm to Table, Safe and Local guaranteed. We Grow Farmers! During Sand Sea and Spirit, Herb & Pepper Farm supplies microgreens, nano farms and various fresh food for sale.

## 4:30pm - 5pm Community Meal Setup

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

## 5pm - 6:30pm Community Supper

**Where:** Large Community Room

**Description:** Our first meal together as family.

## 6:30pm - 8pm Staying Connected to Source in Challenging Times - Peggy Shafer

### Description:

Of COURSE there's never a time we're NOT connected to Source. But knowing it and being conscious about it are often quite different. The Stream of Divine Flow is always there, so even if we ignore it, we're still connected. But we reap so many additional benefits when we mindfully connect and immerse ourselves in the flow. Doing it on a consistent basis, especially in hard times, is the challenge. Our crazy-azzed world tries to pull us into fear and negativity on a daily basis, so it's all too easy to forget (or get too busy and stressed) to mindfully connect. What keeps you from feeling connected to Spirit all the time? When do you feel the most connected? What practices have you cultivated? What habits keep you feeling in touch? This class is designed to help you find, remember or share some habits and practices for consciously reconnecting with Spirit - especially when life gets in the way. We'll discuss ideas that help us purposefully choose connection back into the wavelength of the Divine. WHAT TO BRING FOR THIS INTERACTIVE CLASS: - pen and paper for taking notes - your own personal talismans, tokens, jewelry (for show and tell - suggestions for mindfulness apps you use or have heard of - the books, practices and ideas you're already using - BRING THE IDEAS AND RESOURCES YOU ALREADY USE TO SHARE WITH OTHERS ~~~~~ Peggy Shafer is a Happiness Coach, Channel for the Divine Feminine, Author, Life Celebrations Officiant, Energy Worker and Social Justice Activist. Peggy's "Happy on Purpose" coaching for individuals and couples draws on her previous career and personal counseling, financial advising and college psychology teaching experience, as well as her own personal life skills. Her philosophy is "If it's not fun I'm not doing it.", so she gladly shares with her clients how to choose happiness, fun and joy in their own lives. Having facilitated or been a participant in powerful women's circles for most of her life (including the good fortune of journaling with our beloved Nettie Morse) Peggy knows that women's power is in their own stories. . She's currently collecting stories of triumph and thriving in spite of adversity, which will be compiled into her upcoming book. Peggy writes, occasionally blogs and happily coaches her clients around the world from Asheville, NC. She and her husband Tom have one very spoiled Siamese cat.

## Sand Sea and Spirit

### 8pm - 10pm Christy Snow Concert

**Where:** Community Room

**Description:**

One of the highlights of the Retreat. Delivering percussive acoustic guitar, rich vocals, life affirming lyrics and a captivating stage presence, Christy sings about life, love and our connection to one another. She weaves in the enchanting and hypnotic Native American Flute as well as humorous storytelling. For those not registered for the Retreat, but wish to attend, there is a \$20 donation. All proceeds go directly to Christy.

**Tue Sep 12, 2017**

### All day Hun Cimi

Tue Sep 12, 2017 - Wed Sep 13, 2017

### 7:30am - 7:45am

#### Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 10:30am **\*\*\* Physiology of Tai Chi - Mark Henry**

**Where:** Community Room

**Description:**

There are many health benefits of Tai Chi documented by western medicine, notably Harvard School of Medicine, and many more. This presentation will inform participants as the "How" and "Why" Tai Chi contributes to good health.

### 10:30am - 11:30am **Tai Chi**

**Where:** Various

**Description:**

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check your program for location and time each day.

### 11:30am - 12pm **Community Meal Setup**

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

### 12pm - 1:30pm **Community Meal**

**Where:** Large Community Room

# Sand Sea and Spirit

## 1:30pm - 3pm "The Eidt Method of Chakra Healing" - Teresa Eidt

### Description:

Chakras are the gate keepers of health. Join Teresa in an experiential class to learn this easy yet powerful method of clearing, balancing, and charging your chakras. As she works with one volunteer, each participant of the group will be guided through their own healing process. Don't miss this opportunity to create your wellness! Teresa Eidt is a Licensed Spiritual Health Coach, Health Intuitive, Medium, Chakra Healer, and Reiki Practitioner. She is licensed by the Federation of Spiritual Healer Licensing Boards. As an intuitive energy healer with over 15 years experience, her passion is helping others heal themselves. Using her intuitive abilities, she assists individuals in discovering the root cause of their health issues. She accomplishes this through clairvoyant body scans of the physical and energetic layers of the body. Giving clients tools and techniques, Teresa helps them heal all layers and maintain wellness. She has a B.A. in Psychology from Indiana University along with numerous certifications in the healing arts. Teresa served the United States as an Army Military Intelligence Officer. She is the proud mother of four. She resides in the healing mountains of Western North Carolina, yet her healing practice thrives world wide by phone and Skype. [www.IntuitiveSpiritOfHealth.com](http://www.IntuitiveSpiritOfHealth.com) ~ phone (601) 941-1488

## 3pm - 4:30pm \*\*\* Past lives.....become a "Better You." - Lori Vickers, CHt

**Where:** Community Room

### Description:

Have you lived before? Do you ever feel that you are haunted by events beyond your control? Are you fearful of things you have no conscious explanation for? Join me for a discussion in unresolved issues in your present lifetime. Lori Vickers is a Certified Hypnotherapist through the International Medical and Dental Hypnotherapy Association and has been in private practice since 2005. Her personal sessions offer clients support regarding their stress, fear elimination, past life regression, personal growth, spiritual growth, behavioral considerations to modify, confidence building, self worth, insomnia and unconditional love. In addition to private sessions, Lori also has a gift of clearing negative energy from homes, channeling with loved ones and supporting those in transition during the time of human death. Lori can help you with the experience of the human death, allowing you to find birth of awareness, the place of higher self as you find total forgiveness and realize unconditional love. Your Spirit journey continues.

## 4:30pm - 7:30pm Meal Out

### Description:

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

## 7:30pm - 9:30pm

### Create Your Own Gourd Rattle Workshop - Karen Rollins - \$10 supplies donation

**Where:** Large Community Room

### Description:

Join Karen in making your own personal gourd rattle. Between 3" to 5" long, these egg shaped rattles are the perfect size for use anywhere and easy traveling. Egg gourds, decorating materials, and all supplies are provided. Class limited to 20. Please RSVP to reserve your spot. \$10 supplies donation.

## 9:30pm - 10pm

### Crystal Bowl Meditation - Gloria Smith, Karen Rollins and Doe Hart

**Where:** Community Room

### Description:

Immerse yourself in the calm flow of sound and vibration as Gloria, Doe and Karen takes you through the Beauty of the Crystal Bowl.

## Sand Sea and Spirit

### 10:30pm - 12am Create Your Own Paper Beads

**Where:** Community Room

**Description:**

Learn how to create your own paper beads. These can be used in our Miracle Bracelet workshop, or a lovely way to easily express your creative self.

**Wed Sep 13, 2017**

### All day Ca Manik - Cimi Trecena

Wed Sep 13, 2017 - Thu Sep 14, 2017

### 7:30am - 7:45am

#### Cosmic Chords - Maya Morning Meditation on the Beach -

**Karen Rollins**

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 10:30am **\*\*\* Watercolor Made Easy - Nancy Laird**

**Description:**

We are going to play with watercolors and just have fun. This is a class for all. Beginners to experts. This year, Nancy also teaches about paper beads as well.

### 10:30am - 11:30am **Tai Chi**

**Where:** Various

**Description:**

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check your program for location and time each day.

### 11:30am - 2pm **Meal Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.



## Sand Sea and Spirit

### 2pm - 3:30pm Holistic Cancer Prevention - Betty Sue O'Brian, ND, MS, CII

#### Description:

Preventative Cancer Care I am not a doctor; thus, I have not been formally "miseducated" concerning nutrition. My friend who is an internist tells me that nutrition courses were electives, not required, and that most docs who know anything about food are self-taught or have attended workshops on their own dime, after med school. Working for the last 20 years as a naturopath, I have seen cancer show up over and over in younger and younger people. Many say, "I am doing everything right that I know how to do." "Why did I get cancer?" This session will cover preventative and supportive ideas for you, your friends and family. We will open the room for discussion of this important and timely matter. Please join us to learn/contribute - if not for you, for the many who will know who succumb to this disease.

Biography I am not certified in medicine; however, I am a Natural Physician from the Wise Woman School of Medicine. Most of my mentors are herbalists and holistic nutritionists. I do have degrees: my Undergraduate degrees are in dietetics and writing. I have a Masters Degree, and a Natural Physician Diploma from the School of Natural Medicine in Colorado. For the last 50 or so years, I have had a keen interest in food; not only do I like to eat, but I enjoy learning about its properties. It is my belief that food is the best medicine; as Michael Polin says, "Eat real food, mostly plants." I operate a school that teaches a variety of naturopathic courses, including Naturopathy, Iridology, Herbalism, RBTI Professional, A & P for Naturopaths and more. Courses are online and in person. One of my proudest accomplishments is being the President of the International Iridology Practitioner's Association. Also, being chosen in 2016 as Iridologist of the Year. While many see the times with foreboding and fear, I see expansion of new ideas, a keen interest in matters of health, and a growing interest from the public about natural cures/health in general. My life's work has become, "What makes people get sick?" Today, I lecture on this topic. Books by Betty Sue: • Six Weeks to a Healthy Lifestyle • Going Green...The Smoothie Way • Causations: Using Iridology to Clarify Sclerology • Iridology: The Core Curriculum My latest book is a cookbook: Healthy Substitutions For Foods We Love To Eat

### 3:30pm - 5pm

#### Marketing 101 for Practitioners (\$10 donation for supplies) - John Addison

#### Description:

This will be an informative class on marketing for practitioners who know their subject matter, but are unaware of the marketing tools and tips available to them. So, you're getting nowhere? How do you get started? Where do you go to get assistance? What do you look for? In this class, you'll learn how to market yourself in many ways without costing you a penny. Things that you can do to increase your clientele, create sales and inform the public about what you do! For over 40 years, John has worked in sales and direct marketing through his video production company, A V S Video Productions, LLC. Now he will pass on all the information he has acquired through personal experience and from what he has seen others do successfully. John Addison has over 45 years of sales/marketing experience and is the producer of the international DVD series, the Holistic Highway to Wisdom. John graduated from Miami University in 1975. He worked successfully for Radio Shack in sales as a store manager, district and regional manager before creating his own company, A V S Video Productions, LLC. He has won numerous sales awards but treasures his letters of recommendation much more. His success in video production is largely due to his talent as a marketing expert. Class is limited to 20. \$10 donation for supplies)

### 3:30pm - 4:30pm Yoga - Orange Beach Yoga

### 5pm - 5:30pm Community Meal Setup

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

### 5:30pm - 7pm Community Meal

**Where:** Large Community Room

## Sand Sea and Spirit

### 7pm - 8pm Sea of Spirits Memorial Service - Dottie Asselin

#### Description:

Join us in remembering all our loved ones who have changed worlds. We are blessed to have these loving energies continue to assist us from other realms. With Love and Gratitude to all our loved ones for continuing their dance within our hearts...

### 8:30pm - 9:45pm "Rumi Speaks" - Rev. Christy Snow - \* Sacred Space Workshop

#### Description:

A meditative experience of music and poetry infused with the writings of Mevlana Jalaluddin Rumi (Rumi, the 13th century Muslim saint, mystic and poet). Supplemental readings from Dr. Ernest Holmes (founder of the Science of Mind), Charles and Myrtle Fillmore (founders of Unity) and others are also shared. This is a Sacred Space Workshop. Doors will be locked at 8:20 pm to maintain Sacred Space throughout this experience. During this event Rev. Christy weaves words of oneness and connection to life, together with Native American Flute and original spiritual chants. This is a sacred time of reflection and contemplation of our connection to the source of life and all of creation and the expression of love that we are each here to be. Rev. Christy has studied with Sufi Shaikhs Kabir and Camille Helminski, founders of the Threshold Society and representatives of the Mevlevi Order in North America (short for Mevlana Jalaluddin Rumi or Rumi, the 13th century Muslim saint and mystic). Since meeting the Helminski's in 2006, Christy has traveled with them to Turkey to practice Zikr with various orders of Sufis. She shares the spiritual practice of Zikr because of the profound impact it has had on her life to bring about more peace, calmness and connection to the Divine. Christy is also an ordained Science of Mind minister and has studied interfaith traditions and the spiritual practices of many different religions since 2005. In addition, she is a singer, songwriter, Native American flutist, retreat facilitator and author.

## Thu Sep 14, 2017

### All day Ox Lamat - Cimi Trecena

Thu Sep 14, 2017 - Fri Sep 15, 2017

### 7:30am - 7:45am

#### Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins

**Where:** On the Beach

#### Description:

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 9am \*\*New Condo\*\* Breakfast in Condo 003

#### Description:

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 10am Tai Chi

**Where:** Various

#### Description:

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check your program for location and time each day.

# Sand Sea and Spirit

## 10am - 11:30am Journaling - Justine Marple

### **Description:**

Simply stated, journaling is the transference of ideas into words on paper. But, it is more than that, much more. Writing is power, and with a fully open mind and open heart, one can chart new life courses with your dreams and imagination. This year at SSS, Justine's journaling class will be an informal, interactive gathering of minds, bodies, and spirits. Our goal will be to feel and know Nettie's journaling wisdom. Nettie always said that when she picked up the red pen to journal, it was God speaking. Justine started journaling in 1996 with Grand Master Nettie Morse. Through the process of journaling, Justine has been able to revisit and imagine her life (past, current, and future). This is a great continuance for those who began their journaling on Sunday.

## 11:30am - 12pm Community Meal Setup

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

## 12pm - 1:30pm Community Meal- Orientation for Intensive Weekend Attendees

**Where:** Large Community Room

## 1:30pm - 3pm

### **"Disappearance of the Universe" - Jack's take on a Course in Miracles**

#### **Description:**

Jack discusses A Course In Miracles. Jack Fowler's passion and talent for music were evident even at the early age of 3, when he had his first experiences playing piano. Being the son of two ministers, he honed his craft playing in church, as well as being classically trained. Jack began writing songs as a teenager and was signed to a major songwriting contract at 19. During this time, he began writing and performing with well-known contemporary Christian artists, including Kathy Troccoli, and had numerous songs on the Christian music charts. In the past decade, Jack's focus has shifted to using his music and speaking gifts as a healing agent to inspire, challenge, and spark changes in those who listen. This willingness to be used by Spirit to promote Oneness and Unity has opened the door to some amazing opportunities around the world. Jack has also provided music and co-created workshops for various SpiritPath retreats at Unity Village. He has worked with Rev. Paulette Pipe to help create the 4-day silent retreat, Touching The Stillness, and also co-facilitates the SpiritPath LGBT Free To Be Retreat. He has served as music director/workshop presenter for the Centers for Spiritual Living's (Science of Mind) International conference held annually (since 1950s) at Asilomar State Park in Pacific Grove, CA. In 2008 and 2009, Jack held the position of Music Director and served as a speaker/workshop presenter for the Canadian New Thought conference, in Winnipeg, MB. He has been a guest speaker and lead retreats and workshops at The Center for Spiritual Living in Sacramento, CA; Jacksonville Center for Spiritual Living; Unity of Stuart; Unity of Metairie, LA; Unity of Gulfport, MS; Renaissance Unity in Chesapeake, VA; Unity on the Mountain in Huntsville, AL; and numerous other churches and conferences. Jack served on the staff at Unity of Nashville as Music Minister from 2009-2012. He is honored and grateful to be serving as Spiritual Director at Unity of Metairie, in the New Orleans area.

## 3pm - 4:30pm Miracle Bracelets - Justine Marple, Nancy Laird, and Karen Rollins

**Where:** Community Room

#### **Description:**

Benefits Best Friends Animal Society: Animal Rescue. Creative Spirit - Miracle Bracelets Justine Marple and Nancy Laird Using Prayer Beads is a practice found in many of the world's religions. In this class you can create your own strand of beads infused with the energies of your prayers and intentions. Paper beads can be made and incorporated so that you can actually include your written prayers in your creation. These beads can become a powerful tool for creating miracles. Donations are requested to benefit our chosen cause. THIS YEAR'S DONATIONS ARE PRESENTED TO BEST FRIENDS ANIMAL SOCIETY. Best Friends, a 501(c)(3) nonprofit organization, operates the nation's largest sanctuary for homeless animals; provides adoption, spay/neuter, and educational programs. [www.bestfriends.org](http://www.bestfriends.org) Nancy will also assist with converting your paper beads into treasures.

## Sand Sea and Spirit

**4:30pm - 6:30pm**

**Create Your Own Gourd Rattle Workshop - Karen Rollins - \$10 supplies donation**

**Where:** Large Community Room

**Description:**

Join Karen in making your own personal gourd rattle. Between 3" to 5" long, these egg shaped rattles are the perfect size for use anywhere and easy traveling. Egg gourds, decorating materials, and all supplies are provided. Class limited to 20. Please RSVP to reserve your spot. \$10 supplies donation.

**4:30pm - 7:30pm Meal Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

**5:30pm - 6:30pm Yoga - Gentle Dreamy Yoga - Jenn Hammonds**

**Description:** Stretchy restorative and yin poses.

**7:30pm - 9pm Kryon Discussion - Diana**

**Description:**

Listen to Kryon explain what's happened, on this Marvelous Planet. Our Beloved Earth keeps giving and giving and..... As usual, ~ in the midst of 'seeming' darkness, ~ there are always \*spectacularly magical\* events and experiences just waiting to burst into our awareness!

**9pm - 10pm Shaman's Journey - "Thunderbird" \*Sacred Space Workshop**

**Description:**

\*\*\*Please note - this is a time of Sacred Space and Sacred Ceremony. The Meeting Room will be closed once this session begins.\*\*\* As with many sacred ceremonies, understanding the purpose and intention brings a greater depth of understanding. To participate in the Shamanic Journey, we ask that you prepare for this opportunity to journey. By now, you have experienced something this week that has helped you release the fears, limitations, destructiveness and imprisonment of some facet of your life. This is the essence of the Sacred Path: to find, develop and use the gifts of the heart. As I understand it, from the Elder Teachings, it is time to trust that you matter and that you are needed to complete the Divine Plan. Seeing the Whole of Humanity, without Judgment, is the first step to Oneness. As always, we will see you if your heart tells you, or perhaps, the Turtle may be calling you. The session will end with the Shaman's Rattle. Perhaps the Turtle will take you to find some answers. I appreciate those of you who have chosen to share your journey. This, of course, is sacred, and not required. Nya'wel Skennio, thank you for being.

**Fri Sep 15, 2017**

**All day Can Muluc - Cimi Trecena**

Fri Sep 15, 2017 - Sat Sep 16, 2017

**7:30am - 7:45am**

**Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins**

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

# Sand Sea and Spirit

## 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

### **Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

## 9am - 10:30am **Celtic Spirituality - Paul Martinez, M. Ed**

**Where:** Community Room

### **Description:**

In this class we will look at the Celtic history and tradition to see how it affected the Celt's spirituality as it developed in the pre-Christian era. Also, how it influenced and helped to bring about a major conversion to Christianity and its effects on Christianity and Wicca. To get a complete sense of the Celts culture, we will also take a look at their amazing music, poetry and humor and explore how all of these elements can enrich our own spiritual experiences. Paul Martinez, M.Ed. is a former Roman Catholic priest with 37 years experience as a spiritual director, teacher and group leader. His formal studies include Theology, Comparative Religions, Reiki, Ritual Design, Counseling and Human Development and training through the Center for Mind-Body Medicine in alternative interventions for treating people experiencing stress and trauma. Paul teaches and offers spiritual direction as Director of Spiritual Education at Unity of Metairie.

## 10:30am - 11:30am **Tai Chi**

**Where:** Various

### **Description:**

Soong Style Tai Chi - Mark Henry This style has been found to be particularly effective for people with arthritis. During the Retreat, we will learn the fundamentals of Tai Chi and six basic movements. We review the previous class every morning. Most days are 10:30 to 11:30 am. Check your program for location and time each day.

## 11:30am - 1:30pm **Meal Out**

### **Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

## 11:30am - 1pm **Town Meeting - Karen Rollins - Bring your lunch if you choose**

**Where:** Community Room

### **Description:**

We gather as a community to discuss Sand Sea and Spirit 2018. This is an important town meeting as we look at some unique possibilities for 2018. Share your ideas and inspirations matter in celebrating these days -- and what is possible in the years ahead. Your ideas continue to inspire our Retreat into being greater each year.

## 1:30pm - 5pm **Pirate Cruise Adventure**

### **Description:**

Join us as we take a two hour cruise, all sorts of events while on cruise. \$40 for ticket Be sure to sign up. Limited tickets available. Take this opportunity to act like pirates, get your face painted, and learn some pirate lingo. Once on board, the we will defend the ship in a gun battle, sing along as the pirate crew sings songs of the sea, hear true stories of pirate and privateer attacks in the legendary Pirates Cove, and hunt for the Captain's lost gold and treasure chest. We will celebrate the gold recovery with musical games and a Pirate Limbo contest as we safely return to port.

## Sand Sea and Spirit

### 2pm - 4:30pm Viewing of "Seed: The Untold Story"

**Description:**

Few things on Earth are as miraculous and vital as seeds. Worshipped and treasured since the dawn of humankind. SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy. In the last century, 94% of our seed varieties have disappeared. As biotech chemical companies control the majority of our seeds, farmers, scientists, lawyers, and indigenous seed keepers fight a David and Goliath battle to defend the future of our food. In a harrowing and heartening story, these reluctant heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds. SEED features Vandana Shiva, Dr. Jane Goodall, Andrew Kimbrell, Winona Laduke and Raj Patel. <http://www.seedthemovie.com/>

### 5pm - 5:30pm Community Meal Setup

**Where:** Community Room**Description:** Preparation for our community meal -- and blessing of food.

### 5:30pm - 7pm Community Meal

**Where:** Large Community Room

### 6:30pm - 7pm Ice cream Social with Verdie

**Description:**

This will be a light lunch with appetizers and finger foods. Ice Cream Social with special guest - Verdie.

### 7pm - 8pm Dottie DVD Signing

**Description:** Dottie will be available for signing her special series of DVD's.

### 8pm - 10pm Jack Fowler Concert

**Where:** Community Room**Description:**

Jack's passion and talent for music were evident even at the early age of 3, when he had his first experiences playing piano. With his mom and dad both being ministers, he honed his craft playing in church, as well as being classically trained. Living in New Orleans and Spiritual Leader at the Unity Church in Metairie, LA. Jack is a favorite, well loved performer at Sand Sea and Spirit. His mixture of music and storytelling is sure to please all tastes. For those not registered for the Retreat, but wish to attend, there is a \$20 donation. Proceeds go directly to Jack.

## Sat Sep 16, 2017

### All day Ho Oc - Cimi Trecena

Sat Sep 16, 2017 - Sun Sep 17, 2017

### 7:30am - 7:45am

#### Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins

**Where:** On the Beach**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 8:30am

#### Closing Ceremony and Circle of Gratitude for Seven Day Attendees - on the Beach.

**Description:**

Join us in bringing completion to this circle of growth, healing, and abundance shared. A perfect occasion to express our gratitude for these seven days shared together.

## Sand Sea and Spirit

### 8:30am - 9:30am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9:30am - 11am **Theta Healing - Kathy Davis**

**Description:**

Clearing Beliefs that Resist Healing- Kathy Davis, RN - Using both Theta Healing and LIIFT techniques to change limiting beliefs. This year's presentation will concentrate on financial abundance and money to bring more prosperity into your life.

### 10am - 11am **Yoga - Jamie Robertson - Orange Beach Yoga**

### 11am - 12:30pm "Healing: What's Love Got To Do With It" - Jane Doyle

**Where:** Community Room

**Description:**

My story of how I self healed myself by transforming into a modern day warrior or someone who rescues themselves. This story is represented in my book, YOU HEAL YOU: inspirational & miraculous healing stories of modern day warriors. Jane G Doyle is a thirty-plus-year veteran of the financial services industry. She attended the University of the South in Sewanee, TN, and earned a graduate degree from Samford University's Brock School of Business in Birmingham, Alabama.

### 12:30pm - 3pm **Meal Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

### 12:30pm - 1:30pm **Yoga Flow - Jenn Hammonds**

**Description:** Stretchy restorative and yin poses.

### 3pm - 5pm

#### **Soul Collage Wisdom Card - Workshop \$10 Supplies Fee - Rev. Renee' Leboa**

**Description:**

Design and create your own deck of Soul Cards. You will not only be surprised by what the cards want to say to you, but you will realize that you are your own healer, and visionary. You will learn to be your own guide with this personalized deck of Soul Card, created by you for you. Rev. Renee' is a dynamic, humorous and gifted speaker, bringing together teaching style a blending of the Ancient Wisdom teachings, World Religions, Metaphysics and the study of New Thought since 1983. During Sand Sea and Spirit Rev. Renee' Leboa Offers a Unique Triple Healing Experience. Quantum Light Therapy - Reiki Session - Accompanied by a Body Mind Spirit Affirmative Mind Alignment. Special Pricing for \$55. \$60 - 60 Min Sessions. A Dollar a minute. Private Sessions By Appointment Only

### 5pm - 5:30pm **Community Meal Setup**

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

### 5:30pm - 7pm **Community Meal**

**Where:** Large Community Room

# Sand Sea and Spirit

**7pm - 8:30pm**

## **The Faceless Goddess: Dreams, Fantasies, and Visions of A Feminine Nature - Brenda Aranda, LCSW**

### **Description:**

This workshop will be given by Brenda L. Aranda Martinez, author of the book "The Faceless Goddess: Dreams, Fantasies, and Visions of A Feminine Nature". This book is the story about the author's life and her encounters with the feminine archetype through her dreams, fantasies, and visions. She also explains how those encounters brought her to discover her own divine nature and purpose in life. The author will give a brief presentation about the book and why she wrote it. There will also be an open discussion about the feminine archetypes, especially as it relates to the goddess energy. Attendees will have a chance to experience a meditation connecting them to their own feminine archetype/goddess. This workshop is appropriate for both men and women. Brenda L. Aranda Martinez is an LCSW with 18 years of counseling experience. Brenda has had a lifelong passion for writing and art, and a deep interest in the search for meaning and purpose through spiritual and psychological development. After Hurricane Katrina, Brenda was trained through the Center for Mind-Body Medicine in a holistic approach to working with people experiencing trauma. She has worked with people with chronic mental illness; mental, physical, and sexual abuse; chronic and terminal illnesses; death and loss; and with war veterans. Brenda's other interests include comparative religions and spirituality, Jungian psychology and philosophy, metaphysics, anthropology, archeology, quantum physics, and ecology. She also has an interest in reading, gardening, and genealogy.

**8:30pm - 9:45pm Maya Calendar Astrology - Karen Rollins**

### **Description:**

Many are familiar with the movements of celestial bodies - traditional astrology - and how this may affect you and the world around you. But have you thought about Sacred Energies - as described in Maya Cultures - that influence you as well? Your strengths and shadows within your personality? The anchor representing your soul truths and spiritual gifts to achieve your life purpose? How do you maximize the energies pulsed from the center of the Universe - in your day to day experiences? Karen has been an intuitive all her life. Her abilities have assisted thousands; providing insights and options by their higher/greater self, angels and spirit guides. This ability to sense energy and auras enhances her medical intuitive sessions. She has studied Ancient Civilizations and texts most of her life. Presenting the Maya Morning Meditations each day brings an awareness to the cooperative connection of personal and Universal energies. Nationally recognized, Karen has presented at numerous events, expos, and featured on various radio shows for more than 20 years. With a global client base, Karen travels extensively, empowering others to be at their Optimum Health and Vitality.

**9:45pm - 10pm Sacred Sound**

**Where:** Racquetball Court

**Description:** We gather to combine our intentions in the creation of this Sacred Sound.

**Sun Sep 17, 2017**

**All day Uac Chuen - Cimi Trecena**

Sun Sep 17, 2017 - Mon Sep 18, 2017

**7:30am - 7:45am**

## **Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins**

**Where:** On the Beach

### **Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.



## Sand Sea and Spirit

### 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 10:30am **John Morris, LMT**

### 9:15am - 9:45am **Travel to Unity Service - Carpooling available**

**Description:**

For those attending Unity of Orange Beach and Gulf Shores, service begins promptly at 945 am. Carpooling available -- meet in the Lobby before 9:15 am.

### 9:45am - 10:45am **Unity Service - Rev. Renee' Leboa**

**Where:** Papa Rocco's, 101 W 6th Ave, Gulf Shores, AL 36542, USA

**Description:**

You are cordially invited to attend church services - Unity Church GulfShores and Orange Beach at Pappa Rocco's. Casual attire. Wear your Sunday-Go-To-Meetin' Flip Flops and come on down!

### 10:45am - 1:30pm **Meal Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

### 1:30pm - 3pm **Manifesting PG Style - Karen Rollins**

**Description:**

Manifesting PG Style is a class inspired by our former Journaling Muse - Nettie Morse. Join in a fabulous, fun and proven technique for realizing and manifesting your wildest dreams. Nationally recognized, Karen has presented at numerous events, expos, and featured on various radio shows for more than 20 years. With a global client base, Karen travels extensively, empowering others to be at their Optimum Health and Vitality.

### 3pm - 4:30pm **Reiki Share - Margie and Robert Kalaluhi**

**Where:** Community Room

### 4:30pm - 5pm **Community Meal Setup**

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

### 5pm - 6:30pm **Silent Supper - An experiment in Mindful Eating.**

**Description:**

A concept with its roots in Buddhist teachings, mindful eating aims to reconnect us more deeply with the experience of eating — and enjoying — our food. Once we are all settled, we will spend a portion of our meal in silence to savor the delicious dishes prepared.

### 6:30pm - 8pm **"What I Learned this Year" - A Discussion with Dottie Asselin**

**Description:**

Join Dottie in the discussion on the changes evolving each one of us with "What You Learned This Year!"

### 8pm - 9:30pm **Developing Intuition - Karen Rollins**

**Description:**

Learn how to use your "multi-dimensional celestial phone" for connecting with energetic vibrations. These can be your angels, spirit guides, those that have transitioned (including your pets), your greater self and your Creator. In this lively presentation, Karen discusses ways to recognize and interpret energy signals. We will practice receiving personal messages using Oracle Cards. Includes a gallery style reading with Karen.

## Sand Sea and Spirit

### 9:45pm - 10pm Sacred Sound - Crystal Bowl Meditation

**Where:** Racquetball Court

**Description:**

Join us as we complete this year's Sand Sea and Spirit with Sacred Sound. We gather to combine our intentions in the creation of this Sacred Sound.

**Mon Sep 18, 2017**

### All day Uc Eb - Cimi Trecena

Mon Sep 18, 2017 - Tue Sep 19, 2017

### 7:30am - 7:45am

**Cosmic Chords - Maya Morning Meditation on the Beach -**

**Karen Rollins**

**Where:** On the Beach

**Description:**

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

### 8am - 9am **\*\*New Condo\*\* Breakfast in Condo 003**

**Description:**

Breakfast will include a variety of: daily specialty dishes, fresh fruits, proteins, bagels/muffins, coffee and juices,. Gluten Free options each day.

### 9am - 11am **Kryon Discussion - Diana**

**Description:**

Listen to Kryon explain what's happened, on this Marvelous Planet. Our Beloved Earth keeps giving and giving and..... As usual, ~ in the midst of 'seeming' darkness, ~ there are always \*spectacularly magical\* events and experiences just waiting to burst into our awareness!

### 11am - 11:30am **Community Meal Setup**

**Where:** Community Room

**Description:** Preparation for our community meal -- and blessing of food.

### 11:30am - 1pm **Community Meal**

**Where:** Large Community Room

### 1pm - 2:30pm **"Poking Boundaries" - Patricia Stover**

### 2:30pm - 4pm **Complete Creative Projects**

**Where:** Large Community Room

**Description:**

This is the perfect time to put finishing touches on any creative projects you have been working on.

### 2:30pm - 4pm **Retail Space Closes - All Vendors -- please note.**

**Description:**

Retail Space must be cleared by 9 pm. Thanks to all for sharing their beautiful, unique talents with us.

### 4pm - 7:30pm **Meal Out**

**Description:**

Check the message board for "our favorite restaurants." Interested in eating out with others? Check postings on the message board for locations groups are eating at. Perfect time to visit grocery store as well.

# Sand Sea and Spirit

## 7:30pm - 9pm Your Innate Body - Karen Rollins

### Description:

Your Innate Body is the intrinsic vibration within each of us that constantly seeks Homeostasis and Well Being. This discussion seeks to provide understanding and awareness on how perfectly our body's are created to communicate what it needs to heal and balance. Slowing down to listen is one of the simplest, yet most effective keys. We will look at how to, simply yet effectively, scan your unique energy fields and aura. This allows you to tune into "hot spots" or areas of imbalance. Karen has been an intuitive all her life. This ability to sense energy and auras enhances her medical intuitive sessions. Training in: Esoteric Healing Raindrop Technique Facial Reflexology Full Body Reflexology Electronic Kinesiology VitaTherapy Natural Electro-Magnetic Process supports her passion: "Creating a safe environment for all to reach their Divine Potential." This incorporates the belief of balance between body, mind and spirit. Blending the properties of how energy translates through physical and non-physical worlds, incorporates a variety of teachings when assisting others.

## 9pm - 9:30pm Indoor Moonlight Meditation

### Description:

For those less able or less desirous of walking on the beach. An option for a meditation with in coloring a variety of mandalas.

## 9pm - 9:30pm Moonlight Meditation - Karen Rollins

### Description:

A silent meditation under the almost New Moon. What a perfect opportunity to set your intentions during the Retreat. Allow the almost New Moon to bring light and intensity to the intentions planted during this time.

## 9:45pm - 10pm Sacred Sound - Crystal Bowl Meditation

**Where:** Racquetball Court

### Description:

Join us as we complete this year's Sand Sea and Spirit with Sacred Sound. We gather to combine our intentions in the creation of this Sacred Sound.

**Tue Sep 19, 2017**

## All day Vaxac Ben - Cimi Trecena

Tue Sep 19, 2017 - Wed Sep 20, 2017

## 7:30am - 7:45am

### Cosmic Chords - Maya Morning Meditation on the Beach - Karen Rollins

**Where:** On the Beach

### Description:

These meditations will be short, 10-15 minute breath work exercises. Based on Sacred Energy, these are great ways to set your intention for the day with thoughtfulness and prayer.

## 8am - 8:30am "Closing Ceremony" on the Beach

### Description:

Join us in bringing completion to this circle of growth, healing, and abundance shared. A perfect occasion to express our gratitude for these days shared together. We bring completeness to the energy created and shared during this retreat, asking Creator to hold Sacred Space in our hearts - protecting and healing.

## 8:30am - 9:30am \*\*New Condo\*\* Breakfast in Condo 003

**Description:** Continental Style Breakfast.