

Elemental Dragons & Earth Teachers with Atlantis Wolf

<i>Day</i>	<i>Time</i>	<i>Activity</i>	<i>Notes</i>
Thurs, Oct 17th	3:00 PM	Friends arrive	
Kin 102	5:00 PM	Dinner	
White Spectral Wind	6:00 PM	Evening Activity	FIRE CIRCLE: Ground energy of the group. Create sacred container, draw circle together, fire meditation, introductions, bringing in Four Directions, and Spirits.
Arrival			
Full Moon			
Fri, Oct 18th	6:30 AM	Movement and Mantra	
Kin 103	9:00 AM	Breakfast	
Blue Crystal Night	10:00 AM	Morning Teaching	Shamanic Breathwork (SBW) - Dreaming. What dream is growing inside you? Breathwork, journaling, and sharing. Cacao Ceremony
Origin is Water	1:00 PM	Lunch	
	2:00 PM	Afternoon Teaching	Guided Meditation - Meet your Water Dragon (Can be at river.)
	3:00 PM	Saturn Return - Rest	
	6:00 PM	Dinner	
	7:00 PM	Evening Activity	FREETIME - integrate breathwork, process, journal, self-care
Sat, Oct 19th	6:30 AM	Movement and Mantra	
Kin 104	8:00 AM	Breakfast	
Yellow Cosmic Seed	10:00 AM	Morning Teaching	Castle Lake - (40min drive) hike and explore, look for your Earth Dragon and Fey Folk helpers
Water to Earth	Noon	Lunch	Take-away lunch
	1:00 PM	Afternoon Teaching	Return from Castle Lake and rest / integrate
	3:00 PM	Saturn Return - Rest	Return and rest
	6:00 PM	Dinner	
	7:00 PM	Evening Activity	Guided meditation with Earth Dragon and Fey Folk
Sun, Oct 20th	6:30 AM	Movement and Mantra	
Kin 105	9:00 AM	Breakfast	

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Red Magnetic Serpent	10:00 AM	Morning Teaching	SBW - 108 steps to your dream, the doing. Breathwork, journaling, sharing
Earth to Fire	Noon	Lunch	Take-away lunch / travel to Pluto's Cave (35min)
	1:00 PM	Afternoon Teaching	Pluto's Cave - soundbath and guided meditation to meet your Fire Dragon
	3:00 PM	Saturn Return - Rest	Return and rest
	6:00 PM	Dinner	
	7:00 PM	Evening Activity	Fire Circle - Releasing Ceremony (quiet, low-key)
Mon, Oct 21st	6:30 AM	Movement and Mantra	
Kin 106	9:00 AM	Breakfast	
White Lunar World-Bridger	10:00 AM	Morning Teaching	Teaching Circle - Air - also checkin-in with friends. Open for questions and support. Guided meditation to meet your Air Dragon.
Fire to Air: Rest and reset	Noon	Lunch	
	1:00 PM	Afternoon Teaching	Panther Meadow - hike and explore
	3:00 PM	Saturn Return - Rest	Return and rest
	6:00 PM	Dinner	
	7:00 PM	Evening Activity	FREETIME - integrate breathwork, process, journal, self-care
Tues, Oct 22nd	6:30 AM	Movement and Mantra	
Kin 107	9:00 AM	Breakfast	
Blue Electric Hand	10:00 AM	Morning Teaching	SBW - (optional) - Mother of Dragons music set. Breathwork, journal, sharing
Free Day guided by Spirit	Noon	Lunch	
	1:00 PM	Afternoon Teaching	Writing Workshop (optional) - processing your emotional experiences with writing, fire, and retelling
	3:00 PM	Saturn Return - Rest	
	6:00 PM	Dinner	
	7:00 PM	Evening Activity	Fire circle - (optional) storytelling and human bonds of understanding
Wed Oct 23rd	6:30 AM	Movement and Mantra	
Kin 108	9:00 AM	Breakfast	

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Yellow Self-Existing Star	10:00 AM	Morning Teaching	Sava of Retreat House. Re-entry Teaching - After the ecstasy comes the laundry. Last questions, check-in. Set Zoom followup date.
Departure	Noon	Friends Depart	Closing Ceremony to honor the land