

Ceremony of the Heart Retreat, October 2026

Check-In:

Sat, 10/24 or
Sun. 10/25
between 2 pm
& 4 pm

Begins:

Sun, 10/25 at
7:30 pm

Ends:

Fri, 10/30
around 9:00 pm

Departure:

Sat, 10/31 by
11:00 am

All meals are in
the Ridge House
Dining Room.

Please arrive at
least 5 minutes
early to all
sessions.

	SUNDAY October 25	MONDAY October 26	TUESDAY October 27	WEDNESDAY October 28	THURSDAY October 29	FRIDAY October 30	SATURDAY October 31
7:30		Sacred Breath and Conscious Yoga Movement (Learning Center)		Sacred Breath and Conscious Yoga Movement (Learning Center)			Departure: by 11:00 am
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:30	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
10:15- 11:30		Initiation Path Sophia, Isis, Mary Magdalene (Learning Center)	Sacred Forest Pilgrimage (Forest)	Awakens the Senses, Cultivate Presence (Forest)	The Heart knows the Way (Learning Center)	Yagna Fire Ceremony (Yagna Pavilion)	
11:45- 12:15		Guided Meditation (Meditation Room)	Meditation (Meditation Room)	Shrine of the Heart Meditation (Mother Divine Shr)	Mirror of the Heart: Reflecting Within (By Pond Gazebo)		
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:15		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
4:00	2-4pm Arrivals	Sacred Forest Pilgrimage (Forest)	Chartres Labyrinth “The Path of the rose” (Learning Center)	Creative Awakening Sophia, Isis, Mary Magdalene (Learning Center)	Cacao Ceremony of the Heart (Outside Stillpointe Center)	Meditation of the Rose Closing Blessing (Learning Center)	
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:15		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
7:30- 8:30	Meet and Greet (Learning Center)	Meditation (Meditation Room)	Meditation (Meditation Room)	7:15 TJ Orientation Meditation (Meditation Room)	Meditation (Meditation Room)	Meditation (Meditation Room)	
8:45				Transcendental Journey (comp)	Transcendental Journey (elective)		

We ask participants to plan to attend the full retreat, including Friday night 10/30, so all can receive the benefit of this cohesive and carefully curated experience. Check-out is by 11:00 am on Saturday.