

Sedona Spiritual Retreat

Sample Itinerary

Our Spiritual Retreat is truly an intuitive experience. The retreat is designed to help you connect more deeply to the Divine. As such part of your day will be spent with Shawngela and IAM and the other part will be spent in personal reflection time. This gives you an opportunity to practice/learn how to communicate with the Divine directly on your own. You will be in a retreat with other individuals. If you prefer a private setting, please explore out private retreats.



Day 1 | Setting the Stage

- 4 pm Check-in to either our tiny house or teepee tent.
- 4:30 pm Welcome Ceremony
 - In our welcome ceremony, we will set the stage for this transformative retreat. During the ceremony, you will start the process of attuning your energy to your Divine team as well as receive guidance to practice connecting with them. You will practice this on your own after the ceremony.

Day 2 | Moving Energy

We will visit our first vortex to continue moving energy and helping you to heal.

- 8 am Drive to Sedona Vortex
- 8:30 am to 12 pm
 - Discuss insights you received from yesterday's welcome ceremony activity
 - Do some spiritual work based on Divine insight received. For instance, learning a meditation and doing some sound healing.
- Rest of the Day - Personal Reflection Time
 - After your session, you will have personal reflection time. For instance, you receive guidance to visit another Sedona Vortex, practice your meditation, and journal for answers. The other participants will also get individual guidance.

Day 3 - 4 | Raising your Vibration

Each day builds upon the next with the same format. Every day your capacity to hold more light, heal, feel more confident, and understand your Divine team increases as you release energy blockages.



Day 5 | Putting it all together

- 8:am - 10:30 am Closing Ceremony
- Our closing session will give you the tools to take home everything you have learned and continue your spiritual journey. We summarize all of your Divine guidance into a plan of action for you.

Continued Support

We are committed to helping you along your spiritual journey during your retreat and more importantly when you return home. We offer spiritual mentoring in our 9 month program as well as special distance healing sessions to keep you focused and moving energy.

