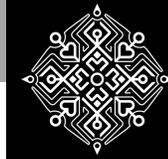


# AWAKENING THE TRUE SELF



## Wed, Mar 15

**3:00 PM - 6:00 PM Arrival, Check-in, and Introductions**

**6:00 PM - 7:00 PM - Dinner & Discussion**

**Dining Room**

**7:00 PM - 9:00 PM - Deconditioning Process**

**Main Room**

## Thurs, Mar 16

**7:00 AM Yoga/Movement**

**8:00 AM - 9:00 AM - Breakfast**

**Dining Room**

**9:00 AM - 1:00 PM - Awakening The True Self - Pattern Mapping 1**

**Main Room or Park (Weather dependent)**

**1:00 PM - 2:00 PM - Lunch**

**Dining Room**

**2:00 PM - 4:00 PM - Pattern Mapping Part 2**

**Main Room or Park (Weather dependent)**

**4:00PM - 6:00pm - Group Body Calibration - Break Out Rooms**

**SANGA Transformation Rooms**

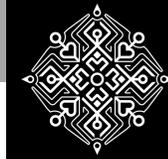
**6:00 PM - 7:00 PM - Sensory Awakening Dinner**

**Dining Room**

**7:00 PM - 9:00 PM - Heart Opening & Letting Go - Breathwork Ceremony**

# SANGA

# AWAKENING THE TRUE SELF



## Fri, Mar 17

7:00 AM Yoga/Movement

8:00 AM - 9:00 AM - Breakfast

9:00 AM - 1:00 PM - Transformation Sessions 1, 2, 3, 4

1:00 PM - 2:00 PM Lunch

2:00 PM - 5:00 PM - Transformation Sessions 5, 6, 7, 8

5:00 PM - 6:00 PM - Free Time

6:00 PM - 7:00 PM - Dinner & Discussion

7:00 PM - 9:00 PM - Chakra Clearing & Energetic Activations (Shaman Rites Ceremony)

## Sat, Mar 18

7:00 AM Yoga/Movement

8:00 AM - 9:00 AM - Breakfast

9:00 AM - 1:00 PM - Transformation Sessions 9, 10, 11, 12  
SANGA Elev8

1:00 PM - 2:00 PM - Lunch

2:00 PM - 5:00 PM - Transformation Sessions 13, 14, 15, 16

5:00 PM - 6:00 PM - Free Time

6:00PM - Dinner

7:00PM PJ Party & Hang Out

# SANGA

# AWAKENING THE TRUE SELF



**Sun, Mar 19**

**8:00 AM - 9:00 AM - Breakfast**

**Dining Room**

**9:00 AM - 10:00 AM - Feeling State Meditation**

**Main Room**

**10:00 AM - 11:00 AM - Review SANGA Process (start to finish)**

**Main Room**

**11:00 AM - 12:00 PM - Integration & Closing**

**Main Room**

**12:00PM Hugs & Goodbye!**

## WHAT TO BRING:

- SANGA Journal (if you already have one) Worksheets and fresh paper provided
- Digital writing tablet if you prefer that over a paper journal
- Clothes to move and be comfortable
- A special item for the ceremony (Stones, crystals, sacred piece)
- Comfortable pajamas to hang out in after dinner
- Slippers (optional)
- Hiking Shoes
- Water Bottle
- Eye Masks
- Ear PLugs (optional)

# SANGA