

Essential Oil Wizardry ~ Transformational Botanical Retreat Schedule

Friday - EO Basics / Safety / What is an Essential Oil / Wizard Alchemy Blends

9am - Breakfast
10-10:30am - Opening Circle - Breath Practice & Intentions
10:30am-12:30pm - Basics, Essential Oil Safety, and Extraction Methods
12:30-1:30pm - Healing Technologies
1:30pm - Lunch
2:30pm - Fascial Maneuvers & Walk around the land - Free time/nap
4-7pm - Deep Dive into Wizard Alchemy Blends
7:15pm - Dinner
8:30pm - Cacao, Kava & Blue Lotus Ceremony

Saturday - Ingesting Oils / Tinctures / Ultrasonic Extraction

9am - Breakfast
10am - Breath Practice & Morning Yoga/Stretching
11-1pm - Empowered Metacine & Supplementation
1pm - Prepping Food With Love
1:30pm - Lunch
2:30pm - Fascial Maneuvers & Walk around the land - Free time/nap
4pm - Ingesting Essential Oils, Tinctures & Ultrasonic Extraction
7:15pm - Dinner
8:30pm - Vaporizing Essential Oils / Blends

Sunday - Make Your Own Blend / Botanical Perfumery / Rare & Exotic Extracts

9am - Breakfast
10-11:30am - Ecstatic Dance
11:30-12:30pm - Co-Create a Group Blend
12:30-1:30pm - Aromatic Perfumes
1:30pm - Lunch
2:30pm - Chakra Meditation with Divine Align Chakra Blends- Free time/nap
4-6:30pm - Make Your Own Botanical Perfume or Therapeutic Blend!
6:30-7:15pm - Rare & Exotics
7:15pm - Dinner
8:30pm - Party with the Plants
9:00pm - Sonic Sound Activation
10pm (Optional) - Share the Oils / Distribute Packages

Monday - Closing Ceremony

9am - Closing Ceremony
10am - Brunch
11am - Personal Consultations / Choose Your Packages
1:11pm - Exodus