

Schedule

February 28th

2pm Checkin
3pm Welcome & Introduction Circle
4:30pm Song Circle
6:30pm Dinner

February 29th

7am Chakra Yoga & Meditation
9am Breakfast
10:30am Explore your Voice Workshop
12:30pm Lunch
2:30pm Limiting Beliefs Session
5pm Song Circle
6:30pm Dinner

March 1st

7am Chakra Yoga & Meditation
9am Breakfast
10:30am Setting up your Song Circle
12:30pm Lunch
2:30pm Rhythm Workshop
4pm Dynamics of Songs, your voice & instrument in a song circle
6:30pm Dinner

March 2nd

7am Chakra Yoga & Meditation
9am Breakfast
Workshop: Vocal education & Musical Space Holding
12:30pm Lunch
3pm Composing your own song
6:30pm Dinner
8pm Fire & Song Circle

March 3rd

7am Chakra Yoga & Meditation
9am Breakfast
10am Sharing & Reflection Circle
12pm Checkout

Schedule subject to slight changes