

Kaplankaya, Turkey **Retreat Itinerary**

Monday October 7th 2024

7am - 8:45am - Breakfast

9am - 10am - Yoga

10:30am - 12:30pm - Natalie - Morning anchoring meditation and channeling workshop

12:30pm - Lunch

Relaxation / Rejuvenation

6pm - Dinner

7:30pm - Natalie - Evening guided meditation & journaling

Tuesday October 8th 2024

7am - 8:30am - Breakfast

8:30am - 9am - Short Morning Meditation/Blessing - Anchoring in light for the day & Journaling.

9am - Depart for Ephesus - Sacred Site Visitation.

Return to hotel

7pm - dinner

Wednesday October 9th 2024

7am - 9am - Breakfast

10am -11am - Yoga

12noon - Lunch

2pm - 5pm - Natalie - 3rd eye opening / Awakening Workshop - class

6pm - Dinner

Thursday October 10th 2024

7am - 8:30am - Breakfast

8:45am - Morning blessing before boarding bus.

9am - Bodrum City Tour – Full Day departing from morning.

Back to hotel

7pm - dinner

8:30pm - 9pm - Evening guided meditation & journaling

Friday October 11th 2024

7am - 8:30am - Breakfast

8:45am - Morning blessing before boarding bus.

9am - Depart for Didyma-Miletus-Priene – Sacred Site Visitation.

Back to hotel

2-3pm - Lunch

Afternoon - Relaxation

6pm Dinner

7:30pm - 9pm - An evening with Mary Magdalene - SPECIAL EVENT - Channeled & Q&A

Saturday October 12th 2024

7am - 8:45am - Breakfast

9am - 10am - YOGA

11am - 1pm - Meditation & Channeling / Automatic Writing - Workshop - class

1pm - Lunch

Relaxation / Rejuvenation.

6pm - Dinner

Sunday October 13th

7am- 11am - Breakfast

Depart.