

# Spirit of the Herd

## A Spring Awakening Retreat

May 14 – 17 • Oak Hill, New York



A sacred return to the body, the land, and the wisdom of the herd,  
where connection deepens, energy softens, and something within begins to awaken.



# Thursday – Arrival & Grounding

Earth • Landing • Transition

## 4:00 PM – Arrival & Check-In

Arrive, settle, and gently transition into a held and intentional space.

## 6:00 PM – Welcome Circle & Land Blessing

We gather to open the space, set intentions, and honor the land, anchoring into a grounded and held container for the journey ahead.

## 7:00 PM – Dinner

A grounding meal to arrive into the body.

## 8:30 PM – Optional Fire Circle

A relaxed and grounding evening by the fire to unwind, connect, and gently arrive into the energy of the retreat.



# Friday – Water, Sound & Opening

Water • Flow • Emotional Release

## 8:00 AM – Coffee & Tea

A slow, quiet awakening into the day.

## 8:30 AM – Morning Meditation

A gentle centering into presence and breath.

## 9:00 AM – Breakfast

Nourishment to support the body and energy.

## 10:30 AM – Feminine Renewal Foot Soak Ritual

A deeply grounding ritual combining warm herbal waters, guided meditation, and gentle energy work to support release, nervous system reset, and reconnection to the body.

## 12:15 PM – Sound Healing by the Pond

Vibration and frequency guide the body into deep restoration and flow.

## 1:30 PM – Fresh Mozzarella Making & Lunch

A hands-on experience crafting fresh mozzarella, bringing together creativity, presence, and nourishment, followed by a shared meal in community.

## 6:00 PM – Dinner

Return to stillness and grounding.

## 7:30 PM – Intuitive Exploration & Oracle Night

A playful yet powerful evening exploring intuition through oracle card pulls, pendulums, energy sensing, and subtle intuitive practices, inviting deeper connection to your inner guidance.



# Saturday – Horse Connection & Truth

Embodiment • Reflection • Integration

## 8:00 AM – Coffee & Tea

Ease into the day with quiet presence.

## 8:30 AM – Morning Meditation

Prepare your field for deeper connection.

## 9:00 AM – Breakfast

Grounding nourishment before the journey.

## 10:30 AM – Herd Meditation & Connection

A guided meditation within the field of the horses, allowing you to soften, ground, and attune to their presence, energy, and intuitive language.

## 11:30 AM – Individual Horse Energy Sessions

Each guest will receive a one-on-one table session supported by the horses, while others quietly observe, journal, or connect within the shared field, experiencing the subtle and powerful ways the herd interacts with energy.

## 12:30 PM – Picnic Lunch

A natural pause within the rhythm of the day.

## 6:30 PM – Dinner

Return and integrate the experience.

## 8:00 PM – Community Gift Sharing & Expression

An open and supportive space to share intuitive gifts, creative expression, and offerings, allowing each person's unique energy to be witnessed and received.



# Sunday – Integration & Closing

Completion • Reflection • Return

## 8:30 AM – Light Breakfast

A soft, gentle start to closing the container.

## 9:30 AM – Closing Circle

Integration, reflection, and honoring what has been opened and received.

## 11:00 AM – Departure

Carry the experience forward with you.



Rooted in presence. Guided by the herd.

Open to transformation.

\*Schedule subject to change\*

