

2018 SuperWellness Retreat

Reboot. Recharge. Upgrade.

with Dr. Edith Ubuntu Chan

Westerbeke Ranch - Sonoma County, CA
September 16th to 21st, 2018

Detailed 5 Day Agenda

Sunday 9/16: Arrive & Connect

- 5pm - Check-in at Westerbeke
- 6pm - Dinner, meet and greet with Dr. Edith
- Evening - Rest and relax from travel

Monday 9/17: Clarity & Alignment

- 7am - Sunrise morning meditative walk & Sungazing (optional)
- 8 to 9am - Breakfast
- 10am to Noon - Opening workshop with Dr. Edith
- 12:30 to 1:30pm - Lunch
- 3 to 5pm - Experiential workshop with Dr. Edith
- 5:30 to 6:30pm - Dinner
- 7pm - Sunset Sungazing (Optional)

Tuesday 9/18: Energy Upgrade

- 7am - Sunrise morning meditative walk & Sungazing (optional)
- 8 to 9am - Breakfast
- 10am to Noon - Experiential workshop with Dr. Edith
- 12:30 to 1:30pm - Lunch

- 3:30 to 5pm - Experiential workshop with Dr. Edith
- 5:00 to 7:00pm - Mindful Eating Dinner
- 7pm - Sunset Sungazing (optional)

Wednesday 9/19: Stillness & Going Within

- 7am - Sunrise morning meditative walk & Sungazing (optional)
- 8 to 9am - Breakfast
- 10am to Noon - Experiential workshop with Dr. Edith
- 12:30 to 1:30pm - Lunch
- 3:30 to 5pm - Experiential workshop with Dr. Edith
- 5:00 to 7:00pm - Mindful Eating Dinner
- 7pm - Sunset Sungazing (optional)

Thursday 9/20: Giving Birth to the New You

- 7am - Sunrise morning meditative walk & Sungazing (optional)
- 8 to 9am - Breakfast
- 10am to Noon - Experiential workshop with Dr. Edith
- 12:30 to 1:30pm - Lunch
- 3 to 5pm - Experiential workshop with Dr. Edith
- 5:30 to 6:30pm - Dinner
- 7pm - Sunset Sungazing (optional)

Friday 9/21: Celebrate & Change the World!

- 7am - Sunrise Morning Meditative Walk & Sungazing (optional)
- 8 to 9am - Breakfast
- 9 to 10am - Checkout of Accommodations
- 10:30am to 12:30pm - Experiential Workshop with Dr. Edith
- 12:30 to 1:30pm - Lunch
- 2 to 4pm - Closing Celebration with Dr. Edith

For more information, please visit:

<http://www.superwellness.com/retreat.html>

