

Schedule

Sunday – January 22, 2017

- 4:00 pm Guests Arrive and Check In
- 6:00 pm Welcome reception
- 6:30 pm Dinner and review the agenda with Sarah McLean.
- 7:00 pm **Introduction to Meditation with Sarah**
Explore what meditation really is and the three ingredients required for any practice. Explore the benefits you can naturally receive with regular practice.
- 7:45 pm Dessert and Coffee or Tea

Monday – January 23, 2017

- 7:00 am **Morning Meditation with Sarah in the Spa House**
Discover Sarah's 5 Essentials to a successful meditation. Discover how meditation amplifies your intention and the three ways meditation trains your attention with breath and body awareness practices.
- 8:00 am Breakfast at the Spa House
- 9:00 am **Mindfulness Immersion with Sarah in the Spa House**
Be guided into insightful mindfulness practices and find out firsthand out how they reduce your stress and increase your vitality. Explore the various ways to create a more mindful life and achieve the benefits.
- 10:30 am – 2:30 pm **Lunch and Spa appointments** (Lunch by pool or spa)
Spa Appointment times offered: 10:45 am, 12:00 noon & 1:15 pm
- 3:00 pm - 5:00 pm **Self-Awareness Exercises with Sarah in the Spa House**
Who are you and what do you want? Increase your self-awareness with self-inquiry meditations and enliven your self-expression with inviting journaling practices.
- Mediation followed by Chakra Toning in the Spa House**
Experience a guided energy center awareness meditation with sound, visualizations, mantras, and affirmations to create vitality and enhanced mind/body integration.
- 5:15 pm **Candlelight Yoga on the lawn (weather permitting) or at the Spa House studio**
- 6:15 pm Free evening and dinner on your own

Tuesday – January 24, 2017

- 7:00 am **Morning Meditation with Sarah at the Spa House**
Enliven your heart connection with simple heart/mind coherence practice and breath/body awareness meditations.
- 8:00 am Breakfast at the Spa House
- 9:00 am **Mindful Self-Compassion & Meditation with Sarah at the Spa House**
Discover the value and health benefits of being kind toward yourself as well as others. Learn more about practices which cultivate self-compassion and how self-compassion differs from self-esteem.

- 10:30 am – 2:30 pm **Lunch and Spa appointments** (Lunch by pool or spa)
Appointment times offered: 10:45am, 12:00 noon & 1:15pm
- 3:00 pm - 5:00 pm **Emotional Awareness with Sarah at the Spa House**
Gain the ability to be truly in charge of your attention and discover the triggers that can through you off center and your personal default mode. Learn to be fully present with the good, the bad, and the ugly.
- Creating Your Own Personal Practice with Sarah at the Spa House**
Learn the best times and places to practice meditation, mindfulness, and Peacefinder Practices™ to achieve maximum benefits.
- 5:15 pm **Candlelight Yoga on the lawn (weather permitting) or at the Spa House studio**
- 7:00 pm **Group Dinner** at the Spa House

Wednesday – January 25, 2017

- 7:00 am **Morning Mantra Meditation with Sarah at the Spa House**
Discover the power of mantras and how to use them to experience the deepest levels of silence and find renewal and rejuvenation.
- 8:00 am Breakfast at the Spa House
- 9:00 am **Closing Circle with Sarah at the Spa House**
- 10:00 am **Spa appointments**
- 12:00 noon Check-out

Schedule and programs are subject to change due to weather or other unforeseen circumstances and will be at the discretion of Sanctuary management.