



Location: SHINE's Education + Retreat Center
5190 Cline Rd, Kent OH 44240

Saturday, April 20, 2024

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| 9:30 – 10:00am | Arrival and Check-in |
| 10:00 – 10:30am | Welcome |
| 10:30 – 12:30p | Human Design – A Look into What Makes You One in a Billion |
| 12:45 – 1:30p | Lunch |
| 1:45 – 2:35p | Grounding – Restore Your Physical Health |
| 2:45 – 3:45p | Chakras + The Biofield – Understanding Your Energy |
| 4:00 – 5:00p | Yoga + Breath |
| 5:00 – 6:00p | Dinner |
| 6:00 – 7:00p | Alchemy – The Art of Rituals for Transformation |
| 7:15 – 8:15p | Deep Relaxation with Sound Therapy |
| 8:30p | Departure |

Please note: Agenda is subject to change without written consent; all sessions are optional