



InspireMe360 – 7-Day Retreat Itinerary

Day 1 - Arrival & Grounding

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Opening Circle & Orientation
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Mind-Body Detox Journey
1:00 PM	Organic Lunch & Community Time
2:00 PM	Art Therapy / Creative Workshop
3:30 PM	Group Connection Games & Grounding
6:30 PM	Organic Dinner
7:30 PM	Drumming Circle, DJ & Fire Ceremony
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 2 - Detox & Discovery

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Detox Workshop with Medical Team
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Cold Plunge Challenge & Sauna
1:00 PM	Organic Lunch & Community Time
2:00 PM	Mental Health Workshop + Journaling Prompts
3:30 PM	Goal Setting & Breakthrough Session
6:30 PM	Organic Dinner
7:30 PM	Firewalk Ceremony, DJ & Sacred Dance
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 3 - Healing the Body

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Somatic Healing & Breathwork Session
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Horse Therapy & Emotional Release
1:00 PM	Organic Lunch & Community Time
2:00 PM	Massage Add-On Time / Nature Walks
3:30 PM	Healing through Movement & Music
6:30 PM	Organic Dinner
7:30 PM	Evening Concert & Sound Healing Dance
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 4 - Mind & Spirit Awakening

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Wisdom Teaching: Finding Your True North
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Horseback Riding Adventure
1:00 PM	Organic Lunch & Community Time
2:00 PM	Art Journaling & Sacred Symbols
3:30 PM	Crystal Bowl Healing Ceremony
6:30 PM	Organic Dinner
7:30 PM	Drumming, DJ & Immersive Dance Fire Circle
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 5 - Nature & Adventure

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Hiking Excursion & Nature Meditation
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Cold Plunge + Forest Journaling
1:00 PM	Organic Lunch & Community Time
2:00 PM	Partner Connection Games
3:30 PM	Playful Adult Games / Optional Massage Time
6:30 PM	Organic Dinner
7:30 PM	Ecstatic Dance & Firelight Celebration
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 6 - Vision & Purpose

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Purpose Alignment Workshop
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Silent Integration Walk
1:00 PM	Organic Lunch & Community Time
2:00 PM	Ceremony of Light: Self-Anointing Practice
3:30 PM	Vision Board Creation & Journaling
6:30 PM	Organic Dinner
7:30 PM	Live Acoustic Concert + Soulful Fire Night
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest

Day 7 - Integration & Departure

Time	Activity
7:30 AM	Wake Up & Morning Ritual (Stretching/Breathwork)
8:00 AM	Organic Breakfast
9:00 AM	Closing Circle & Gratitude Ritual
10:30 AM	Guided Reflection & Journaling (1 hour)
11:30 AM	Farewell Brunch & Reflections
1:00 PM	Organic Lunch & Community Time
2:00 PM	Departure & Optional Final Massage
6:30 PM	Organic Dinner
9:00 PM	Evening Reflection & Journaling (1 hour)
10:00 PM	Lights Out & Rest