

Walking with the Goddess in Recovery Retreat Agenda

THURSDAY, AUGUST 27

5:00 – 6:00 PM Hatha Yoga Class*

6:00 PM Prayers and Meditation | Sri Vidya Shrine

6:00 – 7:00 PM Dinner

7:00 – 7:15 PM HI Orientation (the 15 minutes before your first session)

7:15 – 9:15 PM Opening Circle: Grounding into the Weekend

10:00 PM Silence Observed Until 7:30 AM

FRIDAY, AUGUST 28

6:00 AM Prayers and Meditation | Sri Vidya Shrine

7:30 – 8:30 AM Breakfast

8:30 – 11:30 AM Sacred Flow: Emotion, Expression, and Movement

12:30 – 1:30 PM Lunch

1:30 – 4:30 PM Inner Fire: Discovering Your Goddess Strength

5:00 PM Hatha yoga class*

6:00 PM Prayers and Meditation | Sri Vidya Shrine

6:00 – 7:00 PM Dinner

7:00 – 8:30 PM SHE RISES: Awakening Our Female Archetypes of Leadership

10:00 PM Silence Observed Until 7:30 AM

SATURDAY, AUGUST 29

6:00 AM Prayers and Meditation | Sri Vidya Shrine

7:00 AM Hatha yoga class*

7:30 – 8:30 AM Breakfast

8:30 – 11:30 AM Being Love: Compassion, Connection, and the Heart

12:30 PM Sri Sukta Recitation | Sri Vidya Shrine

12:30 – 1:30 PM Lunch

2:00 PM MOKA Chocolate & Coffee Tour | MOKA Origins

6:00 PM Prayers and Meditation | Sri Vidya Shrine

6:00 – 7:00 PM Dinner

7:00 – 9:00 PM Sacred Voice: Truth, Expression, and Sound

10:00 PM Silence Observed Until 7:30 a.m.

Sunday, August 30

6:00 AM Prayers and Meditation | Sri Vidya Shrine

7:00 AM Hatha yoga class*

7:30 – 8:30 AM Breakfast

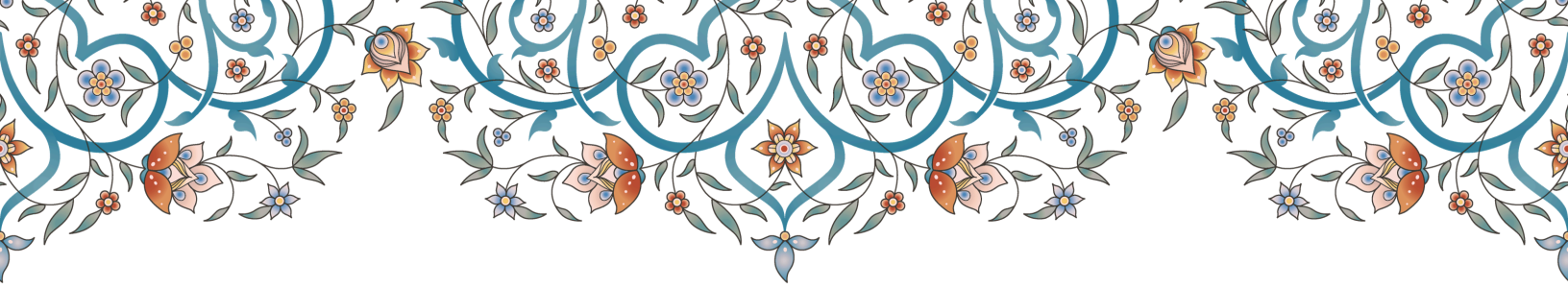
8:30 – 11:30 AM Crowned in Wisdom: A Closing Goddess Ceremony

12:30 PM Checkout

12:30 PM Sri Sukta Recitation | Sri Vidya Shrine

12:30 – 1:30 PM Lunch

Workshop summaries listed below.



Opening Circle: Grounding into the Weekend | Thursday 7:15 – 9:15 PM

Workshop Summary

Begin the weekend by settling into the retreat space through grounding practices, shared connection, and gentle reflection. Rooted in themes of support, foundation, and belonging, this opening experience invites participants to arrive fully, connect with the group, and begin the weekend meaningfully and embodied.

Sacred Flow: Emotion, Expression, and Movement | Friday 8:30 – 11:30 AM

Workshop Summary

The second chakra invites us into emotional awareness, fluidity, expression, and relationship to self. Through shared discussion, embodied movement, and a Yoga4Sobriety™ practice inspired by goddess energy, participants will explore the connection between emotion, creativity, pleasure, and authentic self-expression.

Inner Fire: Discovering Your Goddess Strength | Friday 1:30 – 4:30 PM

Workshop Summary

Connected to the third chakra, this workshop explores themes of confidence, direction, personal power, and self-expression. Through reflection, partner exploration, movement, and embodied practice, participants will uncover and explore the unique strengths and qualities they are being called to express more fully in their lives.

SHE RISES: Awakening Our Female Archetypes of Leadership | Friday 7:00 – 8:30 PM

Workshop Summary

Inspired by the work of Anodea Judith, this evening experience invites participants to explore female archetypes connected to leadership, wisdom, and inner knowing. Through guided reflection, partner connection, and Yoga Nidra, participants will deepen their relationship to the archetypes that resonate with their current path and personal growth.

Being Love: Compassion, Connection, and the Heart | Saturday 8:30 – 11:30 AM

Workshop Summary

The heart chakra invites us into compassion, forgiveness, connection, and relationship to self and others. Through shared discussion, goddess exploration, and a heart-centered Yoga4Sobriety™ practice, participants will explore what it means to embody love with greater openness, presence, and authenticity.

Sacred Voice: Truth, Expression, and Sound

Workshop Summary

Connected to the fifth chakra, this workshop explores themes of communication, truth, authentic expression, and the power of voice. Through small-group discussion, goddess exploration, chanting, and sound-based practices, participants will explore the relationship among inner truth, expression, listening, and resonance.

Crowned in Wisdom: A Closing Goddess Ceremony

Workshop Summary

This closing ceremony invites participants into reflection, intuition, wisdom, and connection through sixth and seventh chakra practices inspired by goddess energy. Through guided imagery, shared reflection, sacred adornment, and ceremony, participants will explore inner vision, deeper self-awareness, and integrate their retreat experience as they prepare to close the weekend together in a meaningful and memorable way.

Participation & Personal Comfort

This retreat is designed to be a supportive and welcoming experience. All practices, discussions, partner exercises, movement experiences, and reflections are completely invitational. Participants are encouraged to honor their own comfort level throughout the weekend and are always welcome to participate, modify, pause, or simply observe as needed.

What to Bring

Please bring anything that helps you feel comfortable and supported throughout the long weekend.

Suggested items include:

- Comfortable, modest clothing that allows for ease of movement
- A special dress or outfit for our closing ceremony (casual – whatever makes you feel Goddess-y)
- Your favorite yoga mat, if you have one
- A journal for reflection (optional, but nice to have)
- Comfortable walking shoes if you plan to explore the grounds
- Sunscreen and weather-appropriate outdoor items
- A reusable water bottle
- A light sweater, wrap, or blanket for relaxation practices
- Any small personal or meaningful item you may wish to keep nearby during the retreat

Most importantly, bring your most authentic self.