

# Mt. Shasta Retreat Itinerary

~ June 6 - 12, 2007 ~

*Note: There may be possible shifts in the schedule as we follow the guidance of Spirit.*

## Wednesday, June 6<sup>th</sup>

Travel from respective cities to Sacramento to arrive by 1pm if possible. Pick up vans and travel to Mt. Shasta - approximately a 3-3½ hour drive. We will visit Mt. Shasta briefly, shop and dine in Mt. Shasta town that evening and then travel to 3 Vistas in Dunsmuir to unpack.

Visit [www.cavespringsresort.com](http://www.cavespringsresort.com) for more information.

We will gather later that evening for a group check-in, meditation and an attunement around the fireplace.

## Thursday, June 7<sup>th</sup>

Breakfast at 3 Vistas.

Morning meditation by Nancy 9 - 10am.

Pack a picnic lunch and head to Stewart Mineral Springs for a spa day and deep relaxation.

If you choose to schedule a massage there will be a \$75-\$110 fee plus tip (not included in retreat fee).

Visit [www.stewartmineralsprings.com](http://www.stewartmineralsprings.com) for more information.

Early dinner at The Buddha Belly in Weed that evening.

Optional: deep relaxation and yoga at Divine Motion Yoga from 6 - 7:30pm.

Evening check in and attunement from 8 - 10pm around the fireplace.

## Friday, June 8<sup>th</sup>

Light breakfast at 3 Vistas.

8:30am - 1:00pm – Travel to Mt. Shasta Abbey for community social (including food) and Shasta Abbey Tour.

1:00 - 2:00pm – Return to 3 Vistas, pick up swimsuits and snacks

2:00 - 6:00pm – Swimming and hiking at Lake Siskiyou or Castle Lake

7:00 - 9:30pm – Evening celebration dinner in Mt. Shasta at The Trinity Restaurant

## Saturday, June 9<sup>th</sup>

Early breakfast at 3 vistas.

Travel to Spiritwalkers' Retreat - arrive by 8:15am,

Visit [www.spiritwalkersretreat.com](http://www.spiritwalkersretreat.com) for more information.

8:30 - 9:30am – Gentle Yoga with Tracee

10am - 1:30pm – Human Design with Owl

1:30 - 2:30pm – Vegetarian lunch provided – quiet time w/nature, enjoy the faery mounds, teahouse, gardens, etc.

2:30 – 3:30pm – Energy Balancing Art for Love and Money with Stephen

Visit [www.mieleart.com](http://www.mieleart.com) for more information.

3:30 - 6:00pm – Love and Money presented by Pamela, owner of The Heart of Feng Shui

6:00 - 7:00pm – Light dinner provided buffet style at Spiritwalker's

7:00 - 8:00pm – Closing meditation, circle and attunement facilitated by Nancy and Pam.

## Sunday, June 10<sup>th</sup>

Early breakfast at 3 vistas

Travel to Spiritwalkers' Retreat arrive by 8:15am

8:30 - 9:30am – Gentle Yoga with Tracee

10am - 1:00 pm – Krybryone Initiation and Mayan Prophecy with Christopher

Visit [www.exmarksthespot.com](http://www.exmarksthespot.com) for more information.

1:00 - 2:30pm – Vegetarian lunch provided – quiet time with nature –  
enjoy the faery mounds, teahouse, gardens, etc.

2:30 – 4:00pm – Energy Balancing Art for Soul Seed Travel with Stephen

4:00 - 6:00pm – Violet Flame and Chakra Attunement with Nancy

Diamond Light Guided Meditation utilizing Mt. Shasta as a Stargate for our  
individual initiations and Soul Seed Activation and Travel.

Visit [www.nancyprincetta.com](http://www.nancyprincetta.com) for more information.

6:00 - 6:45pm – Grounding Meditation and Gentle Movement with Tracee

Visit [www.DivineMotionYoga.com](http://www.DivineMotionYoga.com) for more information.

6:45 - 8:00pm – Light dinner provided buffet style at Spiritwalker's

8:00 - 9:00pm – Closing circle with drumming (bring your instruments)

## Monday, June 11<sup>th</sup>

Light breakfast at 3 Vistas

9:00 - 10:00am – Chakra Balancing with Nancy

10:30am - 12:00pm – Yoga at Divine Motion Yoga with Tracee

12:00 - 1:00pm – Lunch in town

1:00 - 5:00pm – Hike to Moss Creek Falls to commune with the Devic Realm

(last year Nancy photographed a faery with her digital camera!)

Also, enjoy the Sacramento River and Dunsmuir Botanical Gardens.

5:00 - 7:00pm – Travel to Mt. Shasta Bunny Flats and gentle hike

7:00 - 8:00pm – Light dinner in town

8:30 - 9:30pm – Closing Circle around the fire and celebration!

Time to Pack!!

## Tuesday, June 12<sup>th</sup>

Light breakfast at 3 Vistas

9:00 - 10:00am – Leave for Sacramento Airport and our respective flights home.

(a 3-3½ hour drive, arriving by 1pm)

**NAMASTE** – It is highly recommended that you plan a LIGHT day of activities and work for Wednesday, June 13, 2007, as you will benefit from the extra time to integrate this amazing and expanding experience!