

ROAR AND SOAR RETREAT SCHEDULE

FRIDAY AUGUST 8

TIME	EXPERIENCE
5:00 – 6:00 PM	Registration
6:00 – 6:30 PM	Orientation
6:30 – 7:00 PM	Ceremonial Welcome
7:00 – 8:15 PM	Fire & Ice Activation - Myra & Guests

SATURDAY AUGUST 9

8:00 – 9:00 AM	Conscious Movement Awareness - Ivan
9:15 – 10:30 AM	Breakfast
9:30 – 10:30 AM	Private Sessions - Ivan Optional*
10:30 – 12:00 PM	Spiral Energy Activation - Ivan
12:15 – 1:30 PM	Lunch
1:30 – 3:00 PM	Reflection/Private Sessions Ivan Optional
3:00 – 4:30 PM	Movement Therapy - Michaela & Ashley
4:30 – 6:00 PM	Dinner
6:00 – 6:30 PM	Sharing Circle
6:30 – 7:30 PM	Sound Bath - Ivan

SUNDAY AUGUST 10

8:00 – 9:00 AM	Conscious Movement - Ivan
9:15 – 10:30 AM	Breakfast
10:30 – 12:00 PM	Inner Child Activation - Ivan
12:15 – 1:30 PM	Lunch
1:30 – 3:00 PM	Ceremony Creation - Ivan & Myra
3:00 – 3:30 PM	Final Sharing Circle
3:30 – 4:00 PM	Farewells & Departure

WHAT TO BRING

- Yoga mat
- Water bottle
- Personal Snacks
- Comfortable clothing
- Outdoor clothing for outdoor activities (rain or shine)
- Journal and Pen
- Utensils for dining

*Note: The Crystal Shop will be open*

PRIVATE SESSION WITH  
IVAN ROSE POTTER

\$137 - per 30 minutes

**Note:** Funds to be paid in cash directly to the facilitator prior to the session

