

# AGENDA FOR THE SPRING RETREAT

1. Opening Prayer with Tuning In and Circle Blessing
  3. Check in ~ What are your intentions for the day?
  4. Energy Warm-Ups
  5. Short Break
  6. Brief overview of the energy of the chakras
  7. Self-Reflection with Chakra Assessment worksheet
    - ~What needs to be released from the past?
    - ~Without judgement, write a statement about the current state of each of your chakras.
    - ~Summarize what you want to release from each chakra with a word or phrase.
  8. Chakra Cleansing Meditation with Tapping
    - ~A guided energy practice to cleanse each chakra to release old energy.
    - ~After the clearing, we will access a Spring Intention for each of the chakras.
    - ~Between each chakra, we will pause briefly to record the inspired intention.
  9. Short Break
  10. Everyone will be invited to share their Spring Intentions so to be witnessed, honored and supported.
- II. Closing prayer