



FALL ABUNDANCE RETREAT



Retreat Itinerary

Wanuskewin Heritage Park

Saturday October 22, 2022

9:00 AM – 5:00 PM

FALL ABUNDANCE RETREAT

AT A GLANCE

8:30 AM – 9:00 AM

ARRIVAL

9:00 AM – 10:15 AM

GROUND: OPENING TO ABUNDANCE

10:15 AM – 10:30 AM

BREAK

10:30 AM – 11:30 AM

CONNECT: ENCOUNTERING BEAUTY AND BLESSINGS

11:30 AM – 12:00 PM

CONNECT: I SEE YOU, I HEAR YOU, I THANK YOU

12:00 PM – 1:30 PM

LUNCH

1:30 PM – 2:45 PM

EMBRACE: LIVING 'IN' ABUNDANCE

2:45 PM – 3:00 PM

BREAK

3:00 PM – 3:45 PM

EMBRACE: EXPLORING AND EMBRACING 'ENOUGH'

3:45 PM – 4:30 PM

RELEASE: RELEASING AND REMAKING SPACE

4:30 PM – 5:00 PM

CIRCLE: SAVOURING AND CELEBRATING OUR ABUNDANCE

FALL ABUNDANCE RETREAT

FULL AGENDA

8:30 AM – 9:00 AM | ARRIVAL

Welcome! Take a deep breath and exhale as you arrive and take in the serene beauty of Wanuskewin. Enjoy a cup of tea as you meet your Cedar + Sage hosts and those you will share the day with. Please arrive in plenty of time to settle in — an exceptional day is planned. Let's honour it and each other with a 9:00 am start.

9:00 AM – 10:15 AM | GROUND: OPENING TO ABUNDANCE

In this opening circle, Cedar + Sage founder Darla Deguire will prepare you to meet the day (and each other) in a good way, and invite you to ground yourself in an abundance mindset. Abundance is closely woven with our sense of well-being, and together we will experience the magic that appears when you intentionally start to shed stories of scarcity and instead shift your focus to the present, your gifts, and the beauty that surrounds you.

Tools and featured learnings: an inspiring poem, circle practice, questions and practices for self-inquiry, personal reflection, shared insights

10:15 AM – 10:30 AM | BREAK

Take a deep breath and have a cup of herbal tea from our local partner *Deeply Rooted*. You are free to enjoy a conversation or take a short walk through the beautiful grounds.

10:30 AM – 11:30 AM | CONNECT: ENCOUNTERING BEAUTY AND BLESSINGS

In this experiential session, Michelle & John Coleman — yogis, mystical music-makers, and Reiki practitioners — offer a conscious movement practice accompanied by a healing live soundscape.

Through slow and mindful movement interwoven with moments of reflection, we invite you to inhabit a space of grace and abundance. When our hearts fully embrace the vast beauty around and within us, we can experience the abundant blessings that have always been around us. In this gentle practice, you will embody powerful forms and learn personal rituals you can recreate anywhere, anytime in your everyday life.

Tools and featured learnings: mindful movement and powerful posture forms, meditation, a beauty and blessing practice

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11:30 AM – 12:00 PM | CONNECT: I SEE YOU, I HEAR YOU, I THANK YOU

Integrative moments are essential to remembering and embodying insights from new experiences. In this brief and powerful session, you will enter into a partnered practice for deep witnessing. We invite you to engage all parts of your being as you practice hearing with your ears, mind, and heart — and experience being fully heard.

Tools and featured learnings: a deep listening integrative practice, shared insights, gratitude exchange

12:00 PM – 1:30 PM | LUNCH

Lunch offers an opportunity to connect more fully with our food and nourishment through practices of giving thanks and mindful eating. There will be time for you to enjoy some fresh air, connect with others, or take a self-directed walk on the land.

Tools and featured learnings: mindful eating practice, time for self-reflection, a deeper connection to the land that hosts us

1:30 PM – 2:45 PM | EMBRACE: LIVING ‘IN’ ABUNDANCE

In this dynamic and interactive session, Amy Huziak — writer, social change educator, and meditation facilitator — and your Cedar + Sage team invite you to experience a selection of inspiring practices for living ‘in’ abundance.

Through small-group exploration, you will gain insight into your physical, mental, emotional, and spiritual ‘inner wisdom’ directions. The time will include personal reflection, sharing insights and the creation of an inner abundance map.

Tools and featured learnings: new practices in take-home format, insights from discussions, a personal map of your ‘inner wisdom’ directions

2:45 PM – 3:00 PM | BREAK

After that dynamic session, it’s time to take a deep breath and pause. You are free to take care of lifestyle needs, enjoy a cup of tea, or do a short personal practice.

FALL ABUNDANCE RETREAT

3:00 PM – 3:45 PM | EMBRACE: EXPLORING AND EMBRACING 'ENOUGH'

What is abundance, really? An abundance mindset invites us to consider areas in our lives where we have not only enough, but more than enough. In this thought-provoking session, you are invited to engage in a guided conversation that explores the concepts, shadows, and invitations related to being, having, and doing “enough.”

Tools and featured learnings: questions for self-inquiry, shared insights, personal and group reflections related to the experience of “enough”

3:45 PM – 4:30 PM | RELEASE: RELEASING AND REMAKING SPACE

Living in abundance teaches us much about the grace and beauty found in letting go. After all, abundance is only possible when we embrace impermanence. In this contemplative session, you will take part in creating something meaningful and beautiful...and then letting it go. Following this releasing practice, there will be time for reflection, integration, and celebration.

Tools and featured learnings: creative releasing practice, integrative journaling, small group discussion, meditation

4:30 PM – 5:00 PM | CIRCLE: SAVOURING AND CELEBRATING OUR ABUNDANCE

Our closing circle is an opportunity to share and witness each other, speak gratitude, and celebrate transformational moments from your retreat. This session invites you to consider how you will turn newly revealed insights and today's practices into new rituals you can take forward into your everyday life to fully embrace abundance.

Tools and featured learnings: circle practice, personal reflection, shared insights



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