



# Lake Las Vegas Retreat

## SCHEDULE

**SUNDAY, SEPTEMBER 30TH, 2018**

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**7:45-8:15am:** Welcome

**8:15-9:00am:** Morning Meditation

**9:00am-9:30am:** Green Shakes

**9:30am-10:30am:** Clearing Energy: Learn ways to clear your own energy and space. Find the exact place in your body where your intuition speaks. Dr. David Stella will guide each one of you during this session.

**10:30am-12:00pm:** Creating a Conscious Relationship with Yourself: Learn the questions to ask yourself each day to get what you need on a daily basis. Connect to your intuitive space to choose quickly and in alignment with your mind, body, and spirit. Gina Pero will guide each one of you during this session.

**12:00pm-1:00pm:** LUNCH PROVIDED/FREE TIME

**1:00pm-1:30pm:** Reflect/Review Morning Sessions

**1:30pm-2:30pm:** Stress/Emotions: Learn what stresses you out the most and what your body needs to decrease stress. Find out what your body needs to process emotions daily. Dr. David Stella will guide each one of you during this session.

**2:30pm-3:00pm:** FREE TIME/REFLECT

**3:00pm-4:30pm:** Presence Passion Purpose: Learn what is distracting you from being present, what lights you up today, and what your contribution is right now. Gina Pero will be guiding this session.

**4:30pm-5:00pm:** REVIEW/REFLECT afternoon session

**5:00pm-5:45pm:** Movement Meditation/Closing

**5:45pm-9:00pm:** Feel free to stay at the pool and hang out. Private sessions with David and Gina are available during this time.