

# The Art of Sacred Selfishness Retreat

## Agenda

### DAY 1

Arrival  
Grounding/Meditation  
Welcome Reception  
Opening Celebration of Sacred Selfishness

### DAY 2

Grounding/Meditation  
The Art of Sacred Selfishness Introspection  
Relaxation (Journaling/Massage)  
Flowing In Ahimsa: The Art of Self Love

### DAY 3

Grounding/Meditation  
Cultural Immersion/Adventure Day  
Relaxation (Journaling/Massage)  
Communal Feast  
Intuitive Movement/Gratitude Practice

### DAY 4

Grounding/Meditation  
The Art of Sacred Selfishness Introspection  
Relaxation (Journaling/Massage)  
Movement (Yoga, Dance, Hiking)  
Closing Cultural Celebration

### DAY 5

Grounding/Meditation  
AOSS Integration Ceremony  
Departure

Also includes 3 daily meals plus snacks and private selfish time