**Earth Tantra Retreat Schedule – fluid and tentative:**

**(dependent upon weather and vibe of the group)**

\*Allow plenty of drive time.

It takes 6+ hrs to drive from the Denver area to Delta with mountain traffic

**Thursday**

Noon – 1pm: If you are tenting – please arrive closer to Noon to set up tent – set up and settle in

1:30pm: Welcome circle/introductions, tour of land/ history/ space -what is and history of Tantra & short break

3:30pm: Introduction, purpose and practice of silent solitude, earthing/ charka and breath work intro

5pm: Silent meditation ceremony – silent solitude grounding meditation

6pm: Potluck dinner in silence

9pm: Silence continues

**Friday**

7:45am: Breakfast in silence

Noon: Lunch in silence

2pmish???: Welcome back from silent solitude meditation – breathwork/ shares

4pm: Late siesta and dinner break

7pm: Fire Cacao Ceremony (fire/ weather dependent) Wear black or near black

9:30: Prepare for sleep/quiet hours begin

**Saturday**

7:45am: Breakfast

8:30am: Group sessions

Noon: lunch and siesta

2pm: Group sessions

4pm: Late siesta and dinner break

7pm: Shakti/Shiva Ceremony – wear white or near white

9/9:30pm: Prepare for sleep

**Sunday**

7:45am: Breakfast

8:30am: Gratitude, closing, take aways/good-byes

9:45am: short give back to the land work project (20 minutes)

10:30am: Good -byes

TO BRING LIST:

1) Comfortable clothing for 4 days – be prepared for 50 to 95 degrees. Clothing to keep cool/ hat

2) Personal hygiene products. Hand soap, bug spray, sunscreen is provided.

3) Bring white or near white (tan and pastels are okay) clothing for Shiva/Shakti Ceremony. The purpose of white will be to honor each other (and selves) in our purest energy form. If there is a color in the white, no worries. No need to buy anything new.

4) Bring black or dark colored clothing for cacao ceremony. The purpose of black will represent shedding of layers or skin for rebirth. Tara will also have a few black or near black items for all genders. No need to buy anything new.

5) An **already made and prepared item** (this means pre-cut/ ready to serve) for the group potluck for Thursday night. This could be fruit, pre-made mixed salad, chips & salsa, etc, hummus & pre-cut veggies, just something easy that you can buy or is already made a home. There won’t be time to make something, as you’ll “just be” during silent mediation instead of “doing”. Tara will be placing the food out buffet style.

6) WATER BOTTLE & MUG (mug is for am coffee/ tea and the cacao ceremony) and Any special snacks or drinks (alcohol free event) you’d like to bring on your own – to keep in your cooler in your vehicle at night (we have fox & raccoon) Snacks are provided during the day.

7) If you are driving – you are welcome to bring your own extra blanket, pillow or meditation cushion or yoga mat if you have them. We will be on the ground sometimes, especially at night. A couple of Shared Hammocks in shaded areas are available to use.

8) Special item for group altar (crystal, poem, charm, etc) You’ll receive this item back.

9) Shoes – barefooting will be encouraged as one of our grounding practices, however we have some prickly grasses on the farm, so there are limited barefoot spaces. If you are staying in a private indoor bedroom – our house is SHOELESS – so please bring shoes that can be easily taken off and on.

10) Anything else that will keep you cozy and nurtured 😊

11) Tenter/ campers: bring your own towels. We do not offer showers, but you may use a very limited amount of hose water for a very quick rub down/ cool off – sorry but you won’t be able to use soap – water only. Indoor private bedrooms have access to limited 5 minute showers. Linens provided.

ITEMS INCLUDED:

All meals, teas, coffee, snacks

Kitchen supplies

Shared outdoor and covered living space ( etc)

Ceremonial supplies (Cacao, special delectables, 5 senses tools & more)

Some Pillows, blankets, cushions, etc for meditation comfort and ceremony

Tantric and Meditative Group Sessions, optional short private session during silent meditation, Ritual/Ceremonies and more

Shared outdoor toilet, drinking water, hand washing station, etc

Indoor facilities are for private indoor bedroom folks only – thank you for respecting our sensitive septic