

AURORA, NY - TENTATIVE ITINERARY

FRIDAY

Check-in is at 3:00pm, but plan to arrive anytime to relax, or roam the beautiful grounds of Inns of Aurora!

6:30-7:45pm Welcome Dinner & Orientation

SATURDAY (with breaks throughout the day)

Breakfast

10:30-1:00 MINDFUL MOSAIC® Manifest: The Root Chakra

- What are intentions and how to set them
- Outdoor grounding exercise and tools for daily grounding
- Cooking demo with our retreat chef
- Who or what elevates you/drains you exercise
- Signs of an adrenal imbalance and foods to balance the Root Chakra

1:15-2:30 Lunch

2:35-3:15 MINDFUL MOSAIC® Abundance: The Sacral Chakra

- Money love exercise
- Boundaries worksheet
- Signs of a hormone imbalance
- Foods and holistic ways to balance the hormones
- Self-Care Assessment

5:00-6:00 Yoga (Hatha/Vinyasa) with Amitai Cohen

6:00-6:45 Free Time

7:15 Dinner

Evening massage and meditation optional, or free time.

SUNDAY

Morning Yoga with Amitai Cohen

9:00-1:00 Breakfast + Free Time to go to boating, hiking, venture into town or rest until lunch.

1:00 Lunch

2:00-7:30 MINDFUL MOSAIC® Pursuits: The Solar Plexus Chakra

- Running out of Time exercise
- Passion Profiles: A look at your career/passions
- Signs of a Digestive Imbalance
- Holistic Ways to Balance the Digestive System
- Empowerment Photoshoot
- Building Healthy Relationships

MINDFUL MOSAIC® Connection: The Heart Chakra

- Opening up the Heart Chakra
- Signs of an Immune System Imbalance
- Holistic Ways to Balance the Immune System
- Foods to Nourish the Heart Chakra

Yogi Amitai Cohen teaches participants how to be present and own your personal power.

7:30-8:30 Dinner + Free time

MONDAY

Morning Yoga with Amitai Cohen

9:00-11:00 Breakfast + Pack and Checkout stow bags at front desk

11:00-3:30 MINDFUL MOSAIC® Communication: The Throat Chakra

- What kind of Communicator Are You?
- Activating the Throat Chakra exercise
- Signs of a Thyroid Imbalance
- Healthy Tips to Balance the Thyroid

MINDFUL MOSAIC® Vision: Third Eye Chakra

- Spirituality and Health Exercise
- Foods that Raise your Vibration : Cooking Demo
- Creating a bedtime ritual
- Signs of a Pineal Gland Imbalance
- Holistic Ways to Balance the Pineal Gland

MINDFUL MOSAIC® Masterpiece: Crown Chakra

- Having Tea with the Universe exercise
- Foods to Nourish the Crown Chakra

Lunch, Closing Ceremony & Final Toast!!