

DNA Activations–World Peace Retreat 2011

August 18-25, 2011

RETREAT ITINERARY

August 18 - 25, 2011, Wednesday to Thursday

Plan to arrive around 2:00pm on Thursday August 18, 2011. It takes about 25 minutes to get to Sky Lake from Binghamton airport.

Retreat Begins!

Day One: Thursday, August 18

2:00-5:00pm Sky Lake check-in

5:30-6:30pm Dinner

7:00-9:00pm DNA Presentation - Principles of DNA Activations - general information about DNA Activations and programs for the whole Retreat
Introductions, meditations

Day Two: Friday, August 19

7:30-8:30am Breakfast

9:00-1:00pm The 1st DNA Activation Seminar, with coffee/tee and cookies break

1:00-2:00pm Lunch

2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.

3:00-6:00pm The 2nd DNA Activation Seminar, with coffee/tee and fruits break

6:00-7:00pm Dinner

7:30-9:00pm Angel Clairvoyant Reads

Day Three: Saturday, August 20

7:30-8:30am Breakfast

9:00-1:00pm The 3rd DNA Activation Seminar, with coffee and cookies break

1:00-2:00pm Lunch

2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.

3:00-6:00pm The 4th DNA Activation Seminar, with coffee/tee and fruits break

6:00-7:00pm Dinner

7:30-9:00pm ZeRo Point Snapshots (Around the Campfire if weather allows)

Day Four: Sunday, August 21

6:30am Sun Rise Meditation at the Lake grounding and centering ritual.

7:30-8:30am Breakfast

9:00-1:00pm The 5th DNA Activation Seminar, with coffee and cookies break

1:00-2:00pm Lunch

2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.

3:00-6:00pm The 6th DNA Activation Seminar, with coffee/tee and fruits break

6:00-7:00pm Dinner

7:30-9:00pm “Here and now” – Healing Dances

Day Five: Monday, August 22

7:30-8:30am Breakfast
9:00-1:00pm The 7th DNA Activation Seminar, with coffee and cookies break
1:00-2:00pm Lunch
2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.
3:00-6:00pm The 8th DNA Activation Seminar, with coffee/tee and fruits break
6:00-7:00pm Dinner
7:30-9:00pm Chakra Balancing Meditations

Day Six: Tuesday, August 23

7:30-8:30am Breakfast
9:00-1:00pm The 9th DNA Activation Seminar, with coffee and cookies break
1:00-2:00pm Lunch
2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.
3:00-6:00pm The 10th DNA Activation Seminar, with coffee/tee and fruits break
6:00-7:00pm Dinner
7:30-9:00pm Drumming Circle (Around the Campfire if weather allows)

Day Seven: Wednesday, August 24

7:30-8:30am Breakfast
9:00-1:00pm The 11th DNA Activation Seminar, with coffee and cookies break
1:00-2:00pm Lunch
2:00-3:00pm Free Time! Walking around the Lake, swimming, boat ride, rest.
3:00-6:00pm The 12th DNA Activation Seminar, with coffee/tee and fruits break
6:00-7:00pm Dinner
7:30-9:00pm Party, Testimonials of Attendance

DEPARTURE DAY**Day Eight: Thursday, August 25**

7:30-8:30am Breakfast , Pack up before class
9:00-1:00pm DNA Activations For “A World In Peace” —“The Genetic Peace Grid” Seminar, with coffee and cookies break, featuring Q & A
1:00-2:00pm Lunch and Departure

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