

# *Unchained Soul Quest*



## *Morning*

- 7 am Gentle morning wakeup yoga with guided breathwork/bodyScan
- 8 am Detox & Restore breakfast
- 9 am Trapped Emotion Session ~ 2 hours
- 11 am Release meditation on Biomat ~45 minutes

## *Noon*

- 12 pm Detox & Restore Lunch
- 1 pm Time for a walk, hike or bike ride. This is your time outside to feel the healing power of nature. You will write down thoughts that come to mind during this time in nature, in your pocket journal. ~ 2 hours to explore.
- 3 pm Hidden Beliefs Session ~ 60 minutes
- 4 pm Heart & Soul Energy rebalance ~ 45 minutes
- 5 pm Swedish Massage & Thermo Therapy ~ 75 min

## *Evening*

- 6:30 pm Detox and Restore dinner  
We will discuss your day over a beautiful dinner designed to help detox and restore your body, based on your intake paperwork.
- 7:30 pm Gentle evening yoga to ease into a restful night, with guided body scan.
- 8 pm Journal in your Unchained Soul Quest Journal about your day. Write down how you feel, any ah-ha moments, joy, sadness or anything that comes to mind.