



SAILHOUSE – A HEALING WORKSHOP

With Rebecca Brugman

9:00 am-4:00 pm

Price PP: \$150 // Max 8

Includes Lunch and Materials

- 9:00 am: **Morning Gathering and Introductions (30 min)**
Welcome to Sailhouse, a Healing Workshop. We'll get to know each other and our environment at The Foggy Bee before we engage in a welcome drum song with meditation to set intentions for our day
- 9:30 am: **Four Directions Ceremony (2.5 hours)**
Let's get out to the woods (weather permitting) and connect with our senses. We'll explore the natural world at The Foggy Bee, which offers over 90 acres of wild blueberry barrens and deep woods, collecting offerings for presentation at the Offering Ceremony. Prayer bundle, journal writing and Sailhouse yoga will be offered once we return to the building.
- 12:00 pm **Lunch (1 hr)**
Nourishment and connection around the table in the dining room of the Foggy Bee. Enjoy homemade soup, rustic salad and crusty bread while we explore the nuances of nourishing our minds, hearts and bodies.
- 1:00 pm **Bonsai Sailhouse Art Project (1.5 hrs)**
Make bonsai sail houses while we engage in structured conversation and deeper methods of connecting to each other and ourselves as we create.
- 2:30 pm: **Chakra and Frequency Exchange (1.25 hrs)**
We gather over Sailhouse songs to explore the impacts of chakra and frequency healing, followed by journal writing and show & tell
- 3:45 pm: **Closing Circle Ceremony (15 min)**