  
Spirit Talk: Mysteries of the Feminine Agenda

**Itinerary for the Week (Subject to Change)**

**Saturday – May 16**

6:00 Drinks

7:00 Welcome Dinner

**Sunday – May 17**

8:00-9:00 Guided Chakra with Silent Meditation (KS)

9:00-10:00 Breakfast

10:00-11:00 Introductions (LH)

11:00-1:00 Hike up Mont Sec/Meditation (LH)

1:00-2:00 Lunch

2:00-3:00 Break

3:00-5:30 Class (LH)

6:00-7:00 Cocktails

7:00-9:00 Dinner

**Monday – May 18**

8:00-9:00 Yoga

9:00-10:00 Breakfast

10:00-6:00 Alet - Rennes-le-Château Tour

6:00-7:00 Free

7:00-9:00 Dinner

**Tuesday – May 19**

8:00-9:00 Guided Chakra with Silent Meditation (KS)

9:00-10:00 Breakfast

10:00-12:00 Class (LH)

12:00-1:00 Lunch

1:00-4:00 Visit to Bugarach

4:30-6:00 Yoga

6:00-7:30 Free

7:30-9:30 Dinner

**Wednesday – May 20**

8:00-9:30 Yoga

9:30-10:30 Breakfast

10:30-1:00 Free

12:00-1:00 Lunch

2:00-4:30 Local Wine Tour

4:00-7:00 Free

7:00-9:00 Dinner

**Thursday – May 21**

7:00-7:30 Coffee/Tea/Fruit/Granola

7:30-6:30 Ste Marie de la Mer  
7:30-10:30 Travel  
10:30-3:30 Ocean/Church/Lunch  
3:30-6:30 Return Travel

6:30-7:30 Free

7:30-9:30 Dinner

**Friday – May 22**

8:00-9:00 Guided Chakra with Silent Meditation (KS)

9:00-10:00 Breakfast

10:00-4:00 Visit to Mirepoix

4:30-6:00 Yoga

6:30-7:30 Free

7:30-9:00 Dinner

**Saturday – May 23**

8:30-9:30 Breakfast