

Women's Retreat at The Sacred Dome

November 6–9, 2025 | Idaho Springs, CO

Arrival / Check-in: 12:00 PM MST, November 6

Departure / Check-out: 10:00 AM MST, November 9

Day 1 — Thursday, November 6: Arrival & Opening Circle

12:00 PM – 2:00 PM | Arrival & Settling In

- Welcome, tea, and grounding orientation
- Guests settle into rooms, explore the dome and deck (*Individual 15-minute sacred portal closing with Arielle for those with private rooms*)
- Light snacks available

2:00 PM – 3:00 PM | Opening Circle & Intention Setting

- Introductions, sacred container creation, and intention sharing
- Simple grounding meditation

3:00 PM – 4:30 PM | Altar Building Workshop

- Each woman creates her personal altar, setting intentions for the retreat
- Guidance on using objects, crystals, and symbolism

4:30 PM – 6:00 PM | Free Time / Explore Nature /

- Sauna, hot tub, journaling, or walking meditation

6:00 PM – 7:00 PM | Dinner

7:30 PM – 9:00 PM | Cacao Ceremony & Opening Shamanic Ceremony #1

- Heart-opening cacao ritual
- Shamanic ceremony to release old energy and set the energetic container

Day 2 — Friday, November 7: Activation & Deep Connection

7:00 AM – 8:00 AM | Sunrise Meditation & Gentle Stretch

- Deck meditation to connect with mountains, sky, and Earth

8:00 AM – 9:00 AM | Breakfast

9:30 AM – 12:00 PM | ACHF Healing Session

- Guided group attunement to reclaim energy and restore wholeness
- Personal reflection and journaling

12:00 PM – 1:00 PM | Lunch

1:00 PM – 3:00 PM | Womb Reconnection Ceremony

- Guided ritual to reconnect with feminine power and wisdom
- Movement, meditation, and energy activation

3:00 PM – 5:00 PM | Partner Work for Being Seen & Seeing

- Exercises to practice vulnerability, presence, and deep witnessing
- Optional sharing in pairs or small groups

5:00 PM – 6:00 PM | Free Time / Sauna & Hot Tub

6:00 PM – 7:00 PM | Dinner

7:30 PM – 9:00 PM | Shamanic Ceremony #2 & Ecstatic Dance

- Shamanic journey to release blocks and connect with higher guidance

- Ecstatic dance to integrate energy and celebrate the body
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Day 3 — Saturday, November 8: Integration & Expansion

7:00 AM – 8:00 AM | Sunrise Yoga / Movement on Deck

8:00 AM – 9:00 AM | Breakfast

9:30 AM – 12:00 PM | Shamanic Ceremony #3 & Energy Work

- Deep restoration and activation ceremony
- Integration meditation

12:00 PM – 1:00 PM | Lunch

1:00 PM – 3:00 PM | Nature Immersion & Walking Meditation

- Forest walk, solo reflection, journaling, or movement

3:00 PM – 5:00 PM | Circle Sharing & Integration

- Sharing insights, witnessing each other's journeys
- Closing exercises for anchoring transformation

5:00 PM – 6:00 PM | Free Time / Sauna & Hot Tub

6:00 PM – 7:00 PM | Dinner

7:30 PM – 9:00 PM | Closing Ritual & Celebration

- Moonlit circle
 - Songs, dance, and gratitude sharing
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Day 4 — Sunday, November 9: Departure & Closing

7:00 AM – 8:00 AM | Farewell Circle & Gratitude Practice

- Final reflections, group blessings, and integration exercises

8:00 AM – 9:00 AM | Breakfast

9:00 AM – 10:00 AM | Check-Out

- Individual 15-minute sacred portal closing with Arielle for those with private rooms
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