



Biofield Tuning Retreat

July 17 – 22, 2025

Day 1 Friday	3:00 pm 5:30 pm 6:30 pm 8:00 pm	Check-in Begins Tour of Limina – Meet in Living Room Dinner – Dining Room Introduction and Opening Ritual – Livingroom or Deck
Day 2 Saturday	6:00 am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 2:00 – 4:30pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Session 1 -Dynamic Harmony- Yoga Room Lunch Forest Bathing Walk – Meet in Biofield Room Dinner
Day 3 Sunday	6:00 am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 2:00 – 4:00 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Session 2 - Biofield Connection- Yoga Room Lunch Gong Sound Bath – Music Room Dinner
Day 4 Monday	6:00 am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 2:00pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Session 3 -Group Tension Release -Yoga Room Lunch Tai Chi – Multi-purpose Room or Deck Dinner
Day 5 Tuesday	6:00 am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 2:00	Coffee and tea available – Beverage Nook Breakfast (a quiet meal) – Dining Room Session 4 -Body Connection- Yoga Room Lunch Check out <ul style="list-style-type: none"> • Please strip your beds & leave sheets in a pile on your bed • Please leave towels in the bathroom • Please sign our guest book • Please consider tipping our staff