

JULY 19 - 21, 2024

Sound Body Summer Getaway

LIGONIER, PA

FRIDAY JULY 19

4 PM

Retreat Check-in

Settle in to your space and discover the lay of the land

6 - 9 PM

Greetings and Grooves

A welcome mixer and tapas lounge to mingle and get to know each other. ft loungey-house grooves

9 - 10 PM

Sound & Sananga Under the Stars

Gaze at the stars with new clarity with a sound bath and sananga plant medicine meditation nestled under the night sky.



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SATURDAY JULY 20

8:30 - 10:30 AM

Breakfast Lounge

Wake up at your own pace and enjoy a gourmet meal as you rise to the sounds of nature. (plunge before or after you eat)

8:30 - 10:30 AM

Cold Plunges & Breathwork

Start your day with a regulated nervous system. Get elevated with breathwork and focused movement with Pgh TubClub.

11 AM - 12:30 PM

Medicine Walk

Frolic through the moss covered terrain & connect with the earth on a micro-dose walk with mushroom plant medicine.

12:30 - 2 PM

Tapas at the Pool

Enjoy lunch at the pool house. Take a dip to cool off. Celebrate your morning achievements!



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SATURDAY JULY 20

2:30 - 3:30 PM

Sound Body Voice Activation

Reconnect with your voice through the art of toning. Practice subtle body awareness through facial release & loving self touch.

3:30 - 6 PM

Pool Party & Sound Lounge

Movement is the path to empowerment. Take a swim, connect with others, or just relax & enjoy the vibes. Live DJ set w/ Jessica ft tribal house and world beats.

7 - 8:30 PM

Family Style Supper

Enjoy our final night together as a community with a sit down dinner prepared by our house chef.

9 - 10 PM

Closing Fire Release Circle

Integrate our perspectives from the weekend with a fire & sound healing. Journal and release the conditions of our past into the fire.



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SUNDAY JULY 21

8 - 10 AM

Breakfast Lounge

Wake up at your own pace and enjoy our time together before we part

9 AM - 10 AM

Morning Meditation

An uplifting sound bath meditation in nature with some gentle movement and stretching.

11 AM - 12 PM

Check out & Goodbyes

The bitter-sweet ending to an incredible weekend. Grab each others numbers to stay in touch. We miss you already!

