

Quantum Spirit, Healing Beyond Time & Space

Facilitators: Diane Khalsa and Rachel Chase

A 4 Day Immersion. June 3-6, 2023

Tentative Schedule:

Day 1, A Gentle Opening. Exploring the Quantum Connection.

Sat 6/3:

9:30 Check-in/arrival

9:45 Welcome/settling in

10-10:50 Yin Yoga w Diane

10 min Break

11-12 Breathwork w Diane

12-1 Intentional Sharing & Processing Circle w Rachel and Diane

1-2:30 Lunch

2:30-3:30 Art Therapy w Rachel

10 min break

3:45-4:15 Somatic Explorations w Rachel

4:15-5:00 'Meet Your Inner Healer' A Quantum Journey w Rachel

5:00-5:30 Journaling and Reflections w Rachel

Day 2, Everything is Energy. Your Quantum Consciousness.

Sun 6/4:

9:30 Check-in/arrival

9:45 Welcome/settling in

10-10:50 Yin Yoga w Diane

10 min Break

11-12 Breathwork w Diane

12-1 Mindful Listening & Compassionate Inquiry Circle w Rachel and Diane

1-2:30 Lunch

2:30-3:30 Exploring Chakras and Toning w Rachel

3:30-4:00 Art Therapy & Reflections w Rachel

10 min break

4:10 – 5:00 Meditation and Sound Healing w Rachel

5:00 - 5:30 Healing Soundscapes with Laura

Day 3. Celebrating Our Totality as Multidimensional Beings.

Mon 6/5:

9:30 Arrival

9:45 Settling in

10-10:50 Yin Yoga w Diane

10 min Break

11-11:45 Yoga Nidra w Rachel

11:45-12:30 Mindfulness Practices (Walking, Sitting, Drawing) w Rachel

12:30-1 Reflections and Dedications Circle w Rachel

1-2 Yoga Rhythmics movement celebration w Diane / Live music w Laura

2:00 end of day. Enjoy your afternoon & evening! See you tomorrow...

Day 4, A Peaceful Closing. The Infinite Quantum Connection.

Tues 6/6:

9:30 am meet outdoors for qi gong with Rachel
and gentle hike guided by Diane in the red rocks.

(Exact location tbd)