



renewal center

# Vibrational Sound Retreat

July 24 – 27, 2026

<p>Day 1 Friday</p>	<p>3:00 pm 5:30 pm 6:30 pm 8:00 pm</p>	<p>Check-in Begins Tour of Limina – Meet in Living Room Dinner – Dining Room Introduction and Opening Ritual – Livingroom or Deck</p>
<p>Day 2 Saturday</p>	<p>6:00 am 7:00am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 3:00 – 5:00pm 6:30 pm</p>	<p>Coffee and tea available – Beverage Nook Morning Drum Meditation – Livingroom Breakfast (a quiet meal) – Dining Room Session 1 - Group Biofield Tuning - Yoga Room Lunch Session 2 – Gong Sound Bath - Yoga Room Dinner</p>
<p>Day 3 Sunday</p>	<p>6:00 am 7:00am 8:00 – 9:00 am 9:30 – 11:30am 12:30 – 1:30 pm 3:00 – 5:00 pm 6:30 pm</p>	<p>Coffee and tea available – Beverage Nook Morning Drum Meditation – Livingroom Breakfast (a quiet meal) – Dining Room Session 3 - Group Tension and Trauma Release - Yoga Room Lunch Session 4 - Sound Journey – Yoga Room Dinner</p>
<p>Day 4 Monday</p>	<p>6:00 am 7:00am 8:00 – 9:00 am 9:30 – 11:30am 12:00 – 1:00 pm 1:00pm</p>	<p>Coffee and tea available – Beverage Nook Morning Drum Meditation – Livingroom Breakfast (a quiet meal) – Dining Room Session 5 -Body Connection/Closing Ceremony -Yoga Room Lunch – Check Out</p>

- 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