

Typical Itinerary:

Friday

Noon-3:00pm: Arrive and get settled

3:00-5:00pm: Introduction to Hachumak, the facilitators, the facilities, and the retreat activities

5:30-6:30pm: Dinner

7:00-9:00pm: Basics of the Ancient Medicine Craft and working with the Vegetable World by Hachumak

Saturday

8:00-9:00am: Breakfast

9:30-11:00am: Nei Gong with Hachumak

11:30am-1:00pm: The Shamanic Practice including Tools in the visible and invisible world by Hachumak

1:00pm-2:00pm: Lunch

3:30-5:00pm: Preparation for Plant Spirit Ceremony, Q&A

5:30-6:30pm: Optional Snacks

8:00pm-12:00midnight: Plant Spirit Ceremony

Sunday

9:00am-10:00am: Breakfast

10:30 -11:30am: Nei Gong with Hachumak

12:00 -1:00pm: Ceremony Debrief, Q&A

1:00-2:00pm: Lunch

2:00pm-3:30pm: Closing Talk

3:30-6:00pm: Final Pack-up, Conversations and Departure