

Welcome to Asheville, Angels

**Each day includes two locally sourced and professionally curated meals that align with the theme of the day. For the third meal we have provided a hand-selected list of local Asheville spots to try. We will also have fresh fruit, snacks, cheeses, and homemade bread to snack on throughout the day.

Friday, March 20th, Day One

o 2:00pm - arrival

Healing Food Theme: Seasonal, Local Blue Ridge Appalachia

o Greet attendees / Show Rooms and give a tour of the space and land

Welcome warm Appalachian Rosehips Tea (seasonal and local Vit C)

o **Introduction**

Mary Intro Apollo Intro ; how and why we met. Divine knowing. Trust and soul contracts. Balancing of the masculine and feminine. The human microcosm as it relates to celestial origins.

3:00pm - Group Activation // Immersion into meaning for what Remembrance represents at this point in time.

4:00pm - **Workshop: Mary Allison, From a Chaotic Subconscious to a Masterful Mind:** How media and chaos energy is used to fragment a healthy mind from its power. Methods for returning the mind back to a whole and concentrated state, before the tools of trauma, programming, and mass hypnosis took effect on the mind, returning the mind to a level of neutral power instead of a routine state of collapse.

6:00pm Early Dinner by Apollo (circadian rhythm eating)

Sweet potato Gnocchi, walnut-parsley- arugula pesto, cultured butter, toasted pumpkin seeds, focaccia

Something sweet: Blueberry tart or some sort of slice/ cultured rosehip icecream

● 7:00pm - Group Synchronization Circle, Visual Meditation, Circle around the Fire

Goodnight Angels

Saturday, March 21st, Day Two

Healing Food Theme: Medieval Peasantry

- 8:00am, Morning Meditation (meditation cushions / bring your own small silk or wool blanket)
- 8:45, Breakfast spread- soft boiled eggs, stone fruit, homemade cultured butter, pumpkin bread, house-made yogurt, seasonal berries, soaked nuts.
- 9:45, Begin Check In // Group Exercise, Apollo & Mary Allison [bowl of maxims]
- 10:30, Little Break, feel the sunshine
- 10:45, Workshop: 'Eat like a Tudor/peasant': Apollo Grains focus- history and workshop Apollo, understanding ancestral methods of food preparation. [Apollo ties this in with remembrance and exiting the hologram of *non-health* we have been taught as opposed to the pure health with a bread making demo & ice cream activity]
- 1:15, Lunch Time- We have provided a list of exceptional Asheville restaurants for you to take your lunch break with. You are also welcome to bring a packed lunch and eat on the property while taking in the beautiful views, and playing with the animals.
- 3:00, Apollo & Mary - Workshop on Passion Versus Comfortability, How Taking Risks and Surrendering to your Passion is the only way forward, and how square geometry and false comfort bubbles have created a system of lack on earth. Let's evolve all systems of lack into systems of distilled destiny.
 - - improve exercises: there is no coming to your highest self, without being willing to be a little embarrassed
 - - intuitive exercise: calling in the embodiment of the highest potentiated version of yourself, your highest destiny. Feeling, remembering.
 - - mirror exercise
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- 5:00, Relaxation // Integration Time, Sound Immersion Experience
- 6:45 - Dinner: Ancestral bread, cultured butter, Local oyster mushroom, barley and root vegetable stew.

- 8:00, Closing ceremony // sharing of day // Indian candle exercise

Sunday, March 22nd, Day Three

Healing Food Theme: Yakuzen meets Sattva

- 8:00, Morning Meditation / Quietness
- 8:30: Breakfast spread of bar Yakuzen style soft boiled eggs, miso seaweed barley soup veggie, heirloom congee with bitter greens, steamed maple kabocha pumpkin
- 9:15, Morning Ceremony // Group Chat / Check-In
- 9:45 Short Break / Breather
- 10:00 Workshop: Mary Allison, How to Map the Subconscious Mind, and Gain Ownership of Destiny, Psychological Parts work and Subconscious Constellations
- 1:00 Lunch: The Inner Guru: Split yellow mung Dhal, Chapati , Bitter melon, Kitchari, Curry leaves
- 3:00pm Apollo Workshop- Inner beauty meets outer radiance. Greening your kitchen; cookware, fine-prints, utensils, sourcing, AGE's, biological age, gut microbiome, light exposure, plant quality, intuitive eating. Nutrients missing from modern health guides: consuming light. Food and meditation, autophagy and mitophagy.
- 5:00pm Group Connection
- 6:00 Sunset Initiation Intentioned Origami at The Blue Ridge Parkway Lookout, Sewing Seeds for the Soul under the Sunset. Closing Ceremony for day before going to dinner
- 7:00 Dinner: offsite at Suprana rooftop cucina (local meats, grains and veggies, organic, well sourced, intimate, open air space)

This will be a goodbye dinner for anyone who leaves in the evening, while others will stay one more night for our last day, tomorrow March 23rd.

Monday, March 23rd, Day Four

Healing food theme: Energized Send Off

- 8:00, Morning Meditation quiet time
- 8:30: Breakfast by Apollo & Mary: Princess Diana's favorite breakfast: Swiss Mountain Oats (Birchermüesli) - Grated apples and pears, rolled oats, housemade cultured yogurt, local pecans and walnuts, dates) Ancestral breakfast focaccia with poached pastured eggs.
- 9:30, Begin Check In // Group Exercise
- 11:00, Nature walk up the mountain, hot cacao sipping and flower petal picking
- 1:00, Gift Bag, Discussion, Closing Ceremony
- 2:00 - Improvisation: *Sometimes the most beautiful moments arrive naturally.* We will see what comes in for our last hour on this lovely mountain together.

Tuesday, March 25th, Day Five - Optional Session Day

- While some people will be leaving on the 24th, as this is the last day of the retreat, you are welcome to stay one more day if you would like to schedule a private session with Apollo, Mary, or the local spa, Still Point. Apollo and Mary will be offering discounted sessions, in gratitude for the retreat time.

***Apollo works in complete harmony with his environment when creating the beautiful meals he curates, and because of this menu shifts are possible, due to Apollo's resourcing of local, pure, food.*

***Our retreats are a symbiotic flow that organically unfolds. This allows us to cater to the energies present, therefore a lot of the creations that emerge during that time of presence, may yield a slightly different schedule outcome (weather, accessibility etc.*

It has been an honor beyond words to have the privilege of intersecting with you this weekend. When beautiful spirits gather, and energy is reciprocated, we act like raindrops resting along blades of grass, elements of water, magnifying and expanding each other's dreams, visions, heart's, and horizons.