
Braving the Wilderness

Exploring vulnerability in the midst of whole-hearted living

APRIL 23-30, 2020 IN ECUADOR

RETREAT ITINERARY

RETREAT IS LED BY A CERTIFIED DARING WAY FACILITATOR AND DAILY RETREAT SESSIONS ARE BASED ON THE RESEARCH OF DR. BRENÉ BROWN.

We encourage each person to do exactly what they need throughout the retreat to best serve your energy, heart and body. If you need to skip any of the day adventures, meals or activities please let Denise, Chelsea or Julia know so we can be supportive and plan accordingly.

Day 1 – APRIL 23 *Group arrives at Quito airport and travels to Finca Ellis*

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|---------|--|---------------|
| 11:59pm | Van picks up group in front of airport– 1.5 hr drive | Quito Airport |
| | <ul style="list-style-type: none"> ▪ Welcome will take place during transportation to the finca. ▪ Transportation will be provided for those who arrive Saturday. ▪ For travel on alternate days transportation can be arranged separately for a fee. Please contact us to arrange details. | |

Day 2 – APRIL 24

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|-------|--|----------------|
| 8am | Continental breakfast served until 10am [DEB] | Casa Amarillo |
| 930am | Welcome [ALL] <ul style="list-style-type: none"> ▪ Welcome to Finca Ellis ▪ Itinerary overview, finca house guidelines, questions answered ▪ Practitioner introductions ▪ Group introductions and personal intentions ▪ Art project overview | Casa Amarillo |
| 11am | Walk into <u>Cotacachi</u> and explore the town! [JW] <ul style="list-style-type: none"> ▪ We will walk the main route into town and travel through the café and chocolate shop area, leather street where local goods are sold, the grocery store and the local produce market. We will take a taxi home to help for those who purchase items. | Rotunda |
| 3pm | Daily Session: TBD [DB+CT] | Casa Amarillo |
| 6pm | Farm-to-Table Dinner [DEB] | Casa Amarillo |
| 8pm | Social Bonfire | Around Bonfire |



Day 3 – APRIL 25

8am	Morning Movement – Optional [JW]	Casa Amarillo Lawn
9am	Breakfast [DEB]	Casa Amarillo
10am	Volunteer on the <u>finca</u> [DEB+AY]	Rotunda
11am	Continue to volunteer on the finca – Optional <ul style="list-style-type: none">Other options: One-on-one session, relax, read, take time for yourself, walk into town, go see a local site from our recommended list or from something you’ve found!	
3pm	Daily Session: TBD [DB+CT]	Casa Amarillo
6pm	Indigenous Family Cultural Dinner and Dancing	Casa Amarillo

Day 4 – APRIL 26

8am	Morning Movement – Optional [JW]	Casa Amarillo Lawn
9am	Breakfast [DEB]	Casa Amarillo
10am	<u>Laguna Cuicocha Hike</u> – Lake on top of Cotacachi Volcano! <ul style="list-style-type: none">Passport required for park entryDaily Session: TBD [DB+CT]Hiking and not hiking options [JW+DB/CT]Bring a lunch and lots of water!Van transportation provided	Rotunda
4pm	Relaxation and Reflection	Finca Ellis
6pm	Farm-to-Table Dinner [DEB]	Casa Amarillo

Day 5 – APRIL 27

8am	Morning Movement – Optional [JW]	Casa Amarillo Lawn
9am	Breakfast [DEB]	Casa Amarillo
10am	Volunteer on the <u>finca</u> [DEB+AY]	Rotunda
11am	Continue to volunteer on the finca – Optional <ul style="list-style-type: none">Other options: One-on-one session with counselor, relax, read, take time for yourself, walk into town, go see a local site from our recommended list or from something you’ve found!	
3pm	Daily Session: TBD [DB+CT]	Casa Amarillo
5pm	Farm-to-Table Meal [DEB]	
6pm	<u>Chachimbiro Thermal Hot Springs</u> <ul style="list-style-type: none">30 min drive, van transportation providedExpect to return to the finca by 9pm	Rotunda



Day 6 - APRIL 28

8am	Morning Movement – Optional [JW]	Casa Amarillo Lawn
9am	Breakfast [DEB]	Casa Amarillo
10am	Peguche Waterfall Experience <ul style="list-style-type: none">▪ Lunch provided at Peguche Weavers▪ Transportation provided▪ Bring passport for entry and cash for local stores	Rotunda
1pm	Art Project OR personal time <ul style="list-style-type: none">▪ Other options: One-on-one session with counselor, relax, read, take time for yourself, walk into town, go see a local site from our recommended list or from something you've found!	
3pm	Daily Session: TBD [DB+CT]	Casa Amarillo
6pm	Dinner on your own	

Day 7 - APRIL 29

8am	Morning Movement – Optional [JW]	Casa Amarillo Lawn
9am	Breakfast [DEB]	Casa Amarillo
10am	Daily Session with group art project: TBD [DB+CT]	Casa Amarillo
6pm	Send off ¡fiesta! [DEB]	Rotunda
8pm	Group Circle [ALL]	TBD

Day 8 - APRIL 30 Group departs Finca Ellis and travels to Quito airport

TBD Van departs to airport

