

# Curandero/a: A Cleansing Retreat

Thursday, July 4th — Sunday, July 7th

SHOU  
SUGI  
BAN  
HOUSE

337 MONTAUK HWY  
WATER MILL, NY 11976

(631) 500-9049  
WWW.SSBHOUSE.COM

## Thursday

4:00–6:00pm	Arrival and Check-in	
6:00–7:00pm	Welcome Gathering + Intention Setting	Meditation Hall
7:00–8:30pm	Dinner and Intro to Culinary Philosophy	Main Barn
9:30pm	Seasonal Soak	Guest Studio

## Friday

7:30–9:00am	Fruit + Tea + Coffee	Main Barn
8:00–9:00am	Morning Qigong + Meditation	Meditation Hall
9:15–10:15am	Brunch	Main Barn
10:30–12:30pm	Group Workshop— Intuitive Sensing (includes mix of interpersonal + individual exercises)	Meditation Hall
12:30–1:30pm	Lunch	Main Barn
2:00–3:30pm	Group Workshop— Healing Through the Five Elements	Main Barn
3:30–6:30pm	Individual limpia sessions w/ Maggie or Michael (or other spa services and free time)	Spa
5:30–6:30pm	Hatha Yoga w/ Christiana (optional)	Meditation Hall
7:00–8:30pm	Dinner	Dinner
9:30pm	Seasonal Soak	Guest Studio

## Saturday

7:30–9:00am	Fruit + Tea + Coffee	Main Barn
8:00–9:00am	Morning Qigong + Meditation	Meditation Hall
9:15–10:15am	Brunch	Main Barn
10:30–12:30pm	Group Workshop— The Whole Self (guided individual exercises and journaling)	Meditation Hall
12:30–1:30pm	Lunch	Main Barn
2:00–3:30pm	Group Workshop— Vital Force Energy and The Soul	Main Barn
3:30–6:30pm	Individual limpia sessions w/ Maggie or Michael (or other spa services and free time)	Spa
5:30–6:30pm	Hatha Yoga w/ Christiana (optional)	Meditation Hall
7:00–8:30pm	Dinner	Dinner
9:30pm	Seasonal Soak	Guest Studio

## Sunday

7:30–9:00am	Fruit + Tea + Coffee	Main Barn
8:00–9:00am	Morning Qigong + Meditation	Meditation Hall
9:15–10:00am	Closing Circle with Flower Offering	Meditation Hall
10:00–11:00am	Brunch + Send Off	Main Barn
11:30am	Room Check-out + Departure	