

# Soul Body Retreat 2018

Oct 10-15, 2018

♥ Hello Lovelies, Let's get ready for our beautiful adventure! ♥

This itinerary and info is for you to get mentally and spiritually prepared for what you would like to create for your transformative immersion and healing experience. I created this [MAP](#) of the LAS Airport, Zion Villa, and adventures near the area that you may be interested in. Let me know if you have any questions.

Love,

*Candice*

## Our Beautiful Stay

We will be staying at the magical [Zion Villa](#).

9.5 North Kolob Terrace Road, Zion National Park

(Located 9.2 miles north of Hwy 9 up Kolob Terrace Road - outside of Virgin Utah 84779).

[Directions to Villa](#)

## Contacting Me As You Travel

**Phone:** 248.390.5001

**Email:** [embody@candicewu.com](mailto:embody@candicewu.com)

\*I will be checking my email and can receive text messages at this number.

## Schedule for The Soul Body Retreat

\*\*All times are in Mountain Time

Oct 10

Day 1: Welcome Ceremony

- 4:30 pm-6:00 pm Arrival and check in at your own pace

- 6:00 pm-7:15 pm Welcome Dinner Together, Ayurvedic Inspired by Robin
- 7:30-9:00 pm Opening ceremony

Oct 11

**Day 2: Landing and Embodiment**

- 7:30 am-8:30 am: Breakfast - at your own pace
- 8:30 am -9:45 am: Yoga/Body Therapy
- 9:45-10 am break
- 10 am-1:00 pm: Constellations and Experimentals
- 1-2 pm Ayurvedic Lunch by Robin
- 2- 6pm Leisure time
- 6 pm- 7:15 pm Ayurvedic Dinner by Robin
- 7:15 pm-8:45 pm Healing Circle

Oct 12

**Day 3: Illuminating and Excavating the Inner Landscape**

- 7:00 am-8:30 am: Breakfast at your own pace
- 8:30 am -9:45 am: Yoga and Inner Resourcing
- 10 am - 12:30 Constellations
- 12:30-1:45 pm Ayurvedic Lunch By Robin
- 2-5 pm Leisure Time
- 5:15- 6:15 Dinner
- 6:30 pm- 9:00 pm Constellations and Healing Circle

Oct 13

**Day 4: Mapping and Exploring New Territory**

- 7 am - 8 am: optional meditation or organic movement
- 8:00 am-9:00 am: Breakfast at your own pace
- 11:15-12:15 pm Optional Lunch or hiker's lunch
- 6:00 pm-7:15 pm Ayurvedic Dinner by Robin
- 7:15 pm-9 pm Healing Circle

Oct 14

**Day 5: Restoration and Planting New Creation**

- 7:30 am -8:30 am Yoga nidra - Deep Restoration and Planting New Creation
- 8:30 am-9:30 am: Breakfast at your own pace
- 9:30 am-1:00 pm: Experimentals and Constellations
- 1:00-2:00 pm Ayurvedic Lunch
- 2:00- 6:00 pm Leisure time
- 6:00 pm-7:15 pm Ayurvedic Dinner
- 7:30- 9:00 pm Healing Circle and Semi-Closing

Oct 15

## Day 6: Closing Ceremony: Death and Renewal of Life

- 7:00- 7:30 am Breakfast
- 7:30 am -8:30 am Integrative Yoga/Meditation
- 8:30-10 am Wrapping up, Closing Ceremony, Check Out, Photographs

## Things to do before your trip:

- Email Candice at [embody@candicewu.com](mailto:embody@candicewu.com) the following details if you haven't already: Your ETA for arrival and departure
- Optional: Get travel insurance in case of medical evac or travel issues (I found cheap insurance on Allianz Travel)
- Clear your schedule for nourishment! Some ideas to consider:
  - Put automated/away messages up on your email :)
  - Let your loved ones know you are immersing yourself in a healing retreat and nature
  - Take care of work and odds and ends to clear out to-dos
- Open your heart to receiving, healing, and any other intentions you have <3

## Packing List Essentials/Ideas

- Layers of Clothing for weather changes/winter gear for hands, head, and neck
- Yoga Mat (I will have towels for props, please bring a block if you generally use one/need)
- Comfy Clothes for Yoga, Play and Workshops
- Journal and pen/pencil
- Extra snacks for your personal travel or hike
- Water Bottle
- Toiletries
- Walking/Hiking shoes
- Umbrella
- Sunscreen
- Bug spray or Lavender
- Ear plugs if you like them

## Other Information to Plan Your Trip

The following info is not specifically endorsed by me, recommended, or suggested, but just what I have found in my own research and planning that may be helpful for your own planning purposes.

### ♥ hiking trails very close

- 20 min walks, overlook amazing that is 15-20 mins away
- triangulated between 3 rock formations (tabernacle, + 2 others SW and NW, all are good to hike to and hike on)
- NW is 20 mins away (cave to explore)
- SW has gorgeous over look like lion King (recommended)
- statue path angels and fairies, medicine wheel that honors four directions, plus walking labyrinth, chair hammocks, etc.

### ♥ 1 mile up the road: Caves

- 1 mile up road - 2 caves - 6500 year old multicolored cave drawings (picture on website)
- across the meadow from that - womb like cave, the whole rock formation seems to hold this cave

### ♥ 5 miles up road

- Hop Valley Trail is gorgeous
- flat for 2.5 miles, dips down a few hundred yards and goes flat again

### ♥ Farther Up the Road

- nice view of Zion, 7 miles up road
- 10 miles up road, overlook of Zion to drive to Lava Point
- 7 -8 miles up road, turns into alpine ecosystem, aspen trees
- 14 miles up road, aspen lined lake, KOLOB reservoir (Fishing - need fishing license, fly fishing shop with rentable gear - may not be open in October)

### ♥ National Park Pass

- Not needed for the Villa
- Zion National Park, Zion Canyon and Kolob Canyon Pass info:

<https://www.nps.gov/zion/planyourvisit/fees.htm>

- National Park Pass for all parks in the area:

[https://www.nps.gov/planyourvisit/passes.htm#CP\\_JUMP\\_5088574](https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088574)

## ♥ Canoeing

- Kolob Reservoir:

<https://www.visitutah.com/things-to-do/boating-water-skiing/utah-lakes-and-reservoirs/kolob-reservoir/>

## ♥ Horseback Riding on the Trails Nearby and in the area:

Recommendation from Hank the Villa owner:

- Jason's Ranch - Zion Trail Rides- at the base of the Villa mountain
- has reservation in advance for horses, you can have a choice of which horse you ride, you can trot/cantor/race and jump/they will give lessons
- 435-635-1552: <https://ziontrailrides.com/>
- \$27-37 a ride per hour
- \*I had a rough experience talking to them on the phone...You may have a different one!

I also found this:

- <https://www.canyonrides.com/>  
For Zion Trail Ride: Departure time: 9:30 a.m., 11:00 a.m., 2:00 p.m. or 3:30 p.m. \$45.00 per person
- <https://www.zionponderosa.com/horseback/>

## ♥ Wifi

- wifi speed - dining table is strongest
- ideal for surfing internet and emails

## ♥ Phones and Phone Service

- most phone services work fine, the villa owner says.
- there is a phone in the kitchen tied to antenna on roof - off the grid system- good connection
- The VILLA PHONE: 435-414-4899

## ♥ Weather Info

- Bring everything- cold unpredictable
- amazing time to come in Oct
- 84779 area code, weather.com but a higher elevation (typically 10 degrees cooler F)

## ♥ Grocery Stores (if needed for snacks)

- Trader Joe's in Vegas
- whole foods
- Harmon's in St. George
- Costco in St. George