



## Sample Itinerary for the *Love Mama Grief Retreat*

The Love Mama Grief Retreat schedule was thoughtfully curated and developed by Dr. Berman and her healers based off her own 1440 experience. Please note that throughout each day women can (or already did) sign up for hands-on healing and one-on-one work with HeartTouch volunteers, reiki and body masters.

### Day 1

- 3:00-5:00 p.m. Campus Arrival & Check-In
- 6:00-8:00 p.m. Dinner at Kitchen Table
- 8:00-10:00 p.m. **Opening Session** — Dr. Laura Berman Introduces the Love Mamas & Healers

### Day 2

- 6:00-8:00 a.m. Breakfast at Kitchen Table
- 8:00-10:00 a.m. **Morning Session** — Group Discussion
- 10:00-11:30 a.m. Signature Class: Grief Yoga
- 12:00-2:30 p.m. Lunch & Forest Bathing
- 2:30-4:30 p.m. **Afternoon Session** — Grounding Sound Healing
- 5:30-6:30 p.m. Breathwork
- 6:30-8:00 p.m. Dinner & Daily Journal Prompt
- 8:00-9:00 p.m. Ecstatic Dancing

### Day 3

- 6:00-8:00 a.m. Breakfast at Kitchen Table
- 8:00-10:00 a.m. **Morning Session**
- 10:00-11:30 a.m. Signature Class: Grief Yoga
- 12:00-3:00 p.m. Lunch & Forest Bathing
- 3:30-4:30 p.m. **Afternoon Session**
- 4:30-5:30 p.m. Breathwork
- 5:30-7:00 p.m. Dinner & Daily Journal Prompt
- 8:00-9:00 p.m. Ecstatic Dancing

### Day 4

- 6:00-8:00 a.m. Breakfast at Kitchen Table
- 8:00-10:00 a.m. **Morning Session**
- 10:00-11:30 a.m. Signature Class: Grief Yoga
- 11:30 a.m.-3:00 p.m. Lunch & Artistic Memorial Project
- 3:00-5:00 p.m. **Afternoon Session**
- 5:00-7:00 p.m. Dinner & Release Ceremony Prep
- 7:00-8:00 p.m. Release Ceremony

### Day 5

- 6:00-8:00 a.m. Breakfast at Kitchen Table
- 8:00-9:30 a.m. **Morning Session**
- 9:30-10:30 a.m. Signature Class: Grief Yoga
- 10:30-11:30 a.m. Farewell Session & Ceremony
- 12:00-1:30 p.m. Lunch & Departures

### A NOTE TO POTENTIAL ATTENDEES

*Love Mama Grief Retreat may be for you if you've had a child transition at any age — or lost a pregnancy at any stage — and you need to be loved, held and cared for even if just for a few days. This is an opportunity to release from the stressors of everyday life and the people you have to keep it together for or take care of.*

*Don't worry if any these offerings are new to you or feel intimidating. Everything will be done with love and compassion and to your level of comfort, and you won't be pushed further than you want to go.*

*These four days are intended to provide the safety and healing you need to fully inhabit your grief — to pause, reflect and perhaps begin to discover new meaning that may be found by going and growing through this pain. All you have to do is hold an open heart and mind, and be willing to start healing.*

*There is no timeline on grief, so whether your loss happened a few months or a few decades ago and you are struggling with feelings of pain or loss; need some emotional support; or long to connect more deeply to those you have lost, we want to be here for you.*

*With gratitude and love,* *Dr. Berman*