



LITRON Retreat

Life in the Rhythm of Now

OBX OCEAN FRONT • OCT 13 - 15

Morning Workshops & Lunch will be Oceanfront: [2903 S Virginia Dare Trail, Nags Head, NC 27959](#)

Retreat Lodging: [Comfort Inn South Oceanfront](#) & [Ramada by Wyndham Oceanfront](#)

THURSDAY OPTIONAL (Community & Retreat Participants):

7:30-9pm — Introduction to LITRON & Circle walking (at [Ascensions Studio OXB](#)) (*Intention, Attention, Practice*)

FRIDAY:

7-8am — Sunrise Beach Circle Walk (Beach House)

9:30-11am — Workshops: (*Recognize, Relate, Remember*)

11:15—11:45 — Creative reflection: 7 Magic Questions with a Dream Image

Noon-1pm — Lunch break: Provided

Afternoon free time (Optional afternoon Body-work treatments to help your processing, Two spaces available)

4-5:30pm — Blindfold Self Affirmation creative & Mindful-Walking Circle exercise (Beach House)

SATURDAY:

7-8am — Sunrise Beach Circle Walk

9:30-11am — Workshops: (*Relax, Release, Repair*)

11:15—Noon — Creative reflection: Writing a letter...

Noon-1pm — Lunch break: Provided

Afternoon free time (Optional afternoon Body-work treatments to help your processing, Two spaces available)

3:30-4:30pm Living Burial in Sand Ritual: (22 minutes, from knees down) (*Ritualize, Reclamation, Rejuvenate*)

— Break to clean up, snacks provided (Beach House)

5pm-6:00pm — Reclaiming Circle Creative Exercise & Fire Ritual: (*Regenerate*)

6:30pm — Taco Diner out (Included with retreat fee, Following evening training)

SUNDAY:

7-8am — Sunrise Beach Circle Walk — Closing Ceremony (Beach House)

Experience, learn, focus, create — renew clarity, restore your original life rhythm and return to LIFE IN THE RHYTHM OF NOW! This is an organic weekend with intention. A 3-day Retreat for self-renewal and rejuvenation through a series of movements, workshops, writing exercises, and walking-meditation. Establish a Breathing-Response-Recognition-Practice, breathe your way into optimal health, and actively participating in your ultimate healing — overcoming today's uncertainty and stress that can shaped us. You will have a take home a life practice!