

# Minted Life Retreat Agenda

August 2019 Retreat with Dr. Gladys Ato  
Careyes, Mexico

## August 7, 2019

7:00pm | Arrival at Casa La Gitana

7:30pm | Dinner & Celebration

## August 8, 2019

9:00am | Breakfast & Intention Setting Exercise

10:30am | Welcome/Cleansing Ceremony

12:00pm | Reconnecting to Your Vision Exercise

1:30pm | Lunch at Casa La Gitana

3:00pm | Unwind & Ground Activity

5:30pm | Designing Your Minted Life Exercise

7:00pm | Dinner at Casa La Gitana

## August 9, 2019

9:00am | Breakfast & Eliminating Blocks to Your Minted Life Exercise at Casa La Gitana

11:30am | Purification & Release Activity

1:00pm | Picnic lunch

3:00pm | Living Your Future Minted Life Today Exercise

7:00pm | Integration Ceremony

8:30pm | Dinner at Casa La Gitana

## August 10, 2019

9:00am | Breakfast & Saying Goodbye at Casa La Gitana

11:00am | Departure to Puerto Vallarta airport