

# **Ocean Dreams Healing Center's 2025 Healing and Wellness Retreat**

**October 5<sup>th</sup> – 9<sup>th</sup>, 2025**

## **Azul Del Mar Resort – Key Largo, FL**

This exclusive retreat includes all 5 days and for participants to be able to experience the full healing potential, participants are requested to attend all events on all the days. Individual day attendance is not offered. If you are not staying at the Amora Resort, which is connected directly to the Azul Del Mar Resort, it is requested that you allow enough travel time to be at the Azul Del Mar Resort before the beginning time of the morning's activities, to allow for parking, etc. and expect to be on site and available for the full day, through the end of the day's events.

The retreat schedule below is approximate - expect slight changes.

**Sunday, Oct 05<sup>th</sup>** – 2:00pm-4:00 pm - Arrival/Access to Azul Del Mar Resort

### **DAY 1**

- meet the practitioners - get acquainted – RELAX

- receive gift bag and schedules

3:00pm-4:30pm – If needed, check in to accommodations at Amora Resort

5:30pm – 6:30pm –GROUP - Dinner - introduction from the founder & practitioners

6:00pm – 6:45pm – MUSIC

6:45pm- 7:45pm – GROUP - Sunset Grounding & Release - Drumming on the pier

7:45pm – 8:45pm – MUSIC

9:00pm – end of day's events

**Monday, Oct 06<sup>th</sup>** - 7:00am – GROUP - Liver Detox with Lemon Water-Vinegar- Honey

### **DAY 2**

7:15am – 9:00am- GROUP - Sunrise polarity movement & sound, with art color frequency journaling, & reiki sound infused meditation - to open your crown, third eye, & throat charkas

9:00am – 9:30am – GROUP - Smoothie Drinks w/ nutritional education

9:30am – 10:00 am – break – relax - schedule individual afternoon sessions

10:00am – 11:00am – GROUP - Yoga w/sound on the beach

11:30 – 2:00pm – EVERYONE - yogurt/fresh fruit/granola/muffins available at leisure

12:00noon – END by 4pm) – INDIVIDUAL Treatment Sessions available (additional cost) or FREE TIME for - water sports, RELAX

4:15pm – 5:15pm – GROUP Education Session – in the EDUCATION TENT

5:30pm – 6:30pm – GROUP - Dinner – 5:30 – 6:00pm practitioner education

6:00pm – 6:45pm – MUSIC

6:45pm – 7:30pm - GROUP -Sunset Grounding, Release & Gratitude.  
Drumming on the pier

7:45pm – 8:45pm – MUSIC

9:00pm – end of day's events

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**Tuesday, Oct 07<sup>th</sup>** - 7:00am – GROUP - Liver Detox with Lemon Water-Vinegar- Honey  
**DAY 3** 7:15am – 9:00am – GROUP - Sunrise polarity movement & sound, with art color frequency journaling, & reiki sound infused meditation - to open your heart & solar plexus charkas  
9:00am – 9:30am – GROUP - Smoothie Drinks w/ nutritional education  
9:30am – 10:00 am – break – relax - schedule individual afternoon sessions  
10:00am – 11:00am – GROUP - Yoga w/sound on the beach  
11:30 – 2:00pm – EVERYONE - yogurt/fresh fruit/granola/muffins available at leisure  
12:00noon – END by 4pm) – INDIVIDUAL Treatment Sessions available (additional cost) or FREE TIME for - water sports, RELAX  
4:15pm – 5:15pm – GROUP Education Session – in the EDUCATION TENT  
5:30pm – 6:30pm – GROUP - Dinner – 5:30 – 6:00pm practitioner education  
6:00pm – 6:45pm – MUSIC  
6:45pm – 7:30pm - GROUP -Sunset Grounding, Release & Gratitude.  
Drumming on the pier  
7:45pm – 8:45pm – MUSIC  
9:00pm – end of day's events

**Wednesday, Oct 08<sup>th</sup>** - 7:00am –GROUP - Liver Detox with Lemon Water-Vinegar- Honey  
**DAY 4** 7:15am – 9:00am – GROUP - Sunrise polarity movement & sound, with art color frequency journaling, & reiki sound infused meditation - to open your sacral & root charkas  
9:00am – 9:30am – GROUP - Smoothie Drinks w/nutritional education  
9:30am – 10:00 am – break – relax - schedule individual afternoon sessions  
10:00am – 11:00am – GROUP - Yoga w/sound on the beach  
11:30 – 2:00pm – EVERYONE - yogurt/fresh fruit/granola/muffins available at leisure  
12:00noon – END by 4pm) – INDIVIDUAL Treatment Sessions available (additional cost) or FREE TIME for - water sports, RELAX  
4:15pm – 5:15pm – GROUP Education Session – in the EDUCATION TENT  
5:30pm – 6:30pm – GROUP - Dinner – 5:30 – 6:00pm practitioner education  
6:00pm – 6:45pm – MUSIC

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6:45pm – 7:30pm - GROUP -Sunset Grounding, Release & Gratitude.

Drumming on the pier

7:45pm – 8:45pm – MUSIC

9:00pm – end of day's events

**Thursday, Oct 09<sup>th</sup>** - 7:00am –GROUP - Liver Detox with Lemon Water-Vinegar- Honey

**DAY 5**

7:15am – 8:30am – GROUP - Sunrise polarity movement & sound, with art color frequency journaling, & reiki sound infused meditation - putting it all together

8:30 – 9:00am –GROUP - Smoothie Drinks

9:00am – 11:30 am – GROUP - closure - sharing circle - PHOTOS

10:30am – 11:30pm – EVERYONE - yogurt/fresh fruit/granola/muffins available

12:00 noon – End of retreat - All attendees to exit Azul Del Mar property

12:00 noon – 1:00pm - Checkout at Amaray Resort, if not staying for separate

Thursday evening fundraiser or Friday's additional private sessions

**5:30pm – 10:00pm – FUNDRAISER – separate event from retreat**

Retreat attendees may purchase ticket to fundraiser – will have first chance to reserve seat. Everyone must pay a separate price to attend.

**Friday, Oct 10<sup>th</sup>** -

**Day open for private practitioner sessions** – Times & pricing determined by individual practitioners. Sessions booked & paid separately from retreat participation.