

APRIL 25 -27, 2025

# THE STORIES WE HOLD

## FRIDAY, APRIL 25

Afternoon arrival and room check in  
6PM - Retreat begins with dinner  
7:30 - 9:30 PM - Opening session

## SATURDAY, APRIL 26

8 - 9 AM - Breakfast  
9:45 AM - 12:15 PM - Morning Session  
12:30 - 1:30 PM - Lunch  
4 - 6 PM - Afternoon Session  
6:30 PM - Dinner  
Evening session - Fire Ritual (TBD)

## SUNDAY, APRIL 27

7 AM - Morning Movement & Meditation  
(optional)  
8 - 9 AM - Breakfast  
9:45 AM - 12:15 PM - Morning Session  
12:30 - 1:30 PM - Lunch  
2:00 - 4:00 PM - Closing Session



## **ABOUT BETTINA ROTHE**

Bettina Rothe is passionate about igniting one's connection to the intelligence of the body. She is an embodied leadership coach, 5Rhythms® movement facilitator, trained psychologist and pioneer in the field of somatic intelligence.

She has been on the shamanic medicine path for 25 years and has recently completed her training as a Psychedelic Assisted Therapist.

Bettina offers weekly group classes, individual sessions, workshops and retreats in North America, Central America and Europe. She lives and dances in Vancouver, BC and is the mother of 2 beautiful young women.

**[WWW.BETTINAROTHE.COM](http://WWW.BETTINAROTHE.COM)**  
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