

Caribbean Freedom Retreat

Retreat Schedule

Friday May 1st

8:30 Movement, Breath, Stretch w/ Arelis

9:30 Breakfast & Personal Time (beach, journal, massage, etc)

11:00 Opening Circle, Meditation, Channeling w/Nana

1:00 Lunch & Personal Time (beach, journal, massage, etc)

3:30 Tesla Technology & Frequency Healing w/Paul

5:00 Personal time (sunset, beach, journal, Tesla Table sessions)

6:00 Dinner

7:30 Cacao Ceremony & Estatic Dance w/ Arelis, Robyn & Anastacia

Saturday May 2nd

8:30 Movement, Breath, Stretch with Arelis

9:30 Breakfast & Personal Time (beach, journal, table, massage, etc)

11:00 The Freedom Keys - 5 Frequencies of Transformation w/Nana

1:00 Lunch & Personal Time (beach, journal, massage, etc)

3:30 Musical Alchemy w/Paul

5:00 Personal time (sunset, beach, journal, table, massage, etc)

6:00 Dinner

7:30 Sacred Plant Medicine Journey w/ Arelis

Sunday

8:30 Movement, Breath, Stretch with Arelis

9:30 Breakfast & Personal Time (beach, journal, table, massage, etc)

11:00 Vibrational Awareness & Frequency Alchemy w/Nana

1:00 Lunch & Personal Time (beach, journal, massage, etc)

3:00 Closing Circle - Integration and Meditation

5:00 Personal time (sunset, beach, journal, table, massage, etc)

6:30 Dinner

Day Pass - \$111

3-Day Retreat \$333

RSVP: nana@sparkheart.org / 828-337-5512

Caribbean Freedom Retreat

Reserve your Spot

Date: May 1-3, 2026

Time: Friday 8:30 - Sunday 3:30

Location: 4 Elements Culinary Wellness Center, Water Island, USVI

Hosts: Robyn, Arelis, Nana & Paul

Theme: Freedom Within

Lodging options and availability go fast, so secure your place with Robyn as soon as possible.

Extended stays are available and recommended for full rest, relaxation, reception, and integration.

Arrival / Departure Suggestion: Arrive a day or two before the retreat and stay as long as you like after. The retreat starts early on Friday and goes through dinner time on Sunday.

Costs

Retreat: 3 days / \$333 or Day-Pass / \$111

Lodging: \$111/ night

Food: \$100/day or Individually: Breakfast \$25 - Lunch \$35 - Dinner \$50

To RSVP, contact:

Robyn: 1-340-626-7950 / vivalleycenter@yahoo.com

Nana: 828-337-5512 / nana@sparkheart.org

Arelis: arelis10@gmail.com

Payments

Food & lodging -Robyn: 340-626-7950 Venmo / Paypal / Zelle

Retreat 3-day and 1-day passes - Nana: 828-337-5512 Zelle / Paypal: