

YOUR JOURNEY
OF
REBIRTH

KAP & Sound Retreat goes beyond the nature escape; it's a profound transformational journey inward — This is your chance to shed the weight of self-limiting beliefs and suppressed emotions, release old traumas and fears, wipe the mirror and see the real you.

Your chance to heal before you rebirth.
Rewrite the story you once dreamed of and left behind.

CHRISTIAN
DI MARCO



K A P & S O U N D
R E T R E A T



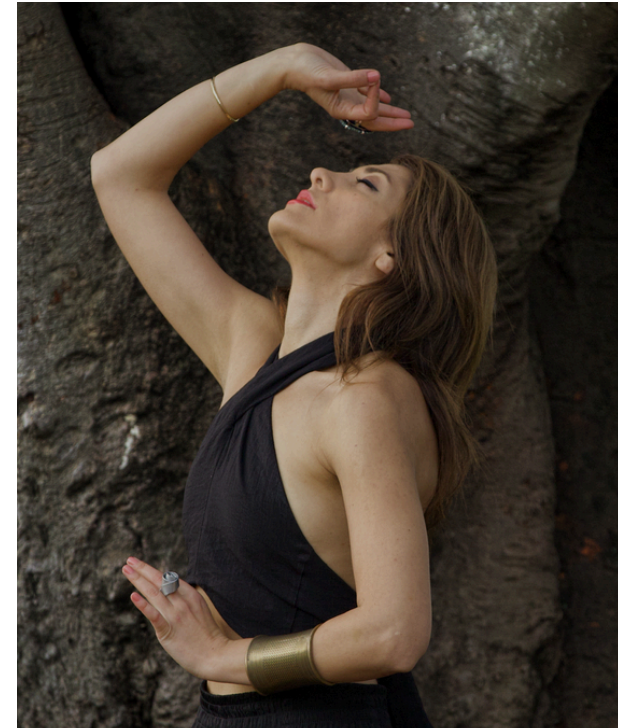
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S E P T E M B E R
K I N G L A K E , V I C

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P A R M I S S
K I A



R E T R E A T
R E S E T
R E W R I T E

A journey of healing through the power of sound and life force activation. Experience the expansion in your consciousness, connecting your heart and mind.



DAY 1

11:2 AM Arrival and registration
 3-4 PM Connect & Cacao
 5-7 PM Sound Journey
 7-8 PM Dinner
 8 PM-10 PM

DAY 2

7-8 AM: Breathwork & Meditation
 8-8:45 AM Yin Yoga
 9-10 AM Breakfast
 10 AM-12 PM Let Go Workshop
 12-1 PM Lunch
 1-3 PM Free Time
 3-7 PM 2x KAP (Kundalini Activation)
 7-8 PM Dinner
 8 PM Integration / Circles

KAP & SOUND RETREAT

KUNDALINI
 ACTIVATION



SOUND
 JOURNEY

26 - 29 TH
 SEPTEMBER

KINGLAKE, VIC

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CHRISTIAN
 DI MARCO

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DAY 3

7:30 - 8 AM: Morning Meditation
 8 - 8:45 AM Light breakfast
 9 AM - 12:30 PM 2x Non-Dual & Sound
 1-2 PM Lunch
 2 - 5 PM: Integration / Bush Walk
 5 - 6:30 PM Artist Flow
 7 - 8 PM Dinner
 8:30 - 11 pm Jamming & Dance

DAY 4

7:30 - 8 AM Breathwork meditation
 8 - 8:45 AM Yin Yoga
 9 - 10 AM Breakfast and Sharing
 10 - 11 AM Packing & Goodbyes
 11 AM Check out

