

Retreat Schedule

August 28, 2023

08:00 - 10:00 Arrive at Retreat Center, check into room.
10:00 - 11:00 Welcome brunch in dining hall.
11:00 - 11:30 Prepare for retreat (your room)
11:30 - 12:00 Orientation in Meditation Room
12:00 - 13:00 Mindful meditation and walking in Meditation Room
13:00 - 14:30 Lunch, rest (your room)
14:30 - 16:00 Mindful meditation and walking in Meditation Room, interviews (interview room)
16:00 - 16:30 Free walking or stretching on your own (grounds)
16:30 - 17:00 Skills Talk (Meditation Room)
17:00 - 18:00 Mindful meditation and walking in Meditation Room, interviews (interview room)
18:00 - 19:30 Dinner, rest (your room)
19:30 - 21:00 Mindful meditation and walking, evening reading, dance, Meditation Room
21:00 - Rest (your room)

August 29, 2023

05:30	Arise
06:00	Mindful meditation and walking and morning reading, Meditation Room
07:30	Morning Walk (grounds)
08:00 am - 8:30	Breakfast
08:30 am - 9:30	Rest (your room)
09:30 am - 10:00	Mindful meditation and walking in Meditation Room
10:00 am - 10:30	Skills Talk
10:30 am - 12:00	Mindful meditation and walking in Meditation Room, interviews in interview room

12:00 - 14:00	Lunch, Rest (your room)
14:00 pm - 16:00 interview room	Mindful meditation and walking in Meditation Room, interviews in
16:00 – 16:30	Stretching or walk on your own (grounds)
16:30 – 17:00	Skills Talk
17:00 pm – 18:00 (interview room)	Mindful Meditation and walking in Meditation Room, interviews
18:00 – 19:30	Dinner, Rest (your room)
19:30 – 21:00 Room	Mindful meditation and walking, evening reading and dance, Meditation
21:00	Rest, (your room)

August 30, 2023

05:30	Arise. [Your room]
06:00	Mindful Meditation and walking, morning reading, Meditation Room
07:30	Morning walk (grounds)
08:00	Breakfast
08:30 - 9:30	Rest (your room)
09:30 - 10:00	Mindful meditation and walking in Meditation Room
10:00 - 10:30	Skills Talk
10:30 - 12:00 interview room	Mindful meditation and walking in Meditation Room, interviews in
12:00 - 14:00	Lunch, Rest (your room)
14:00 – 14:30	Skills Talk
14:30 - 15:30 dance	Mindful meditation and walking in Meditation Room, closing reading,
15:30 - 16:00	Expressions, evaluations, goodbyes