

## **SCHEDULE FOR RETREAT WEEKENDS**

### **FRIDAY**

5:30 – 6 P.M. ARRIVE FOR TEA AND SNACK AND SETTLING IN

7 – 9 p.m. SETTING TONE AND INTENTION FOR THE WEEKEND AND GUIDED MEDITATION.

### **SATURDAY**

8 a.m. YOGA (optional)

9 a.m. BREAKFAST

10 a.m. – Noon SESSION

1 p.m. LUNCH

Afternoon FREE TIME

4:30 p.m. TEA AND SNACK

6 p.m. DINNER

### **SUNDAY**

8 a.m. YOGA (optional)

9 a.m. BREAKFAST

11 a.m. – Noon MASSAGE

1 p.m. LUNCH

2 p.m. – 3:30 p.m. VISIONING, INTEGRATION, GUIDED VISUALIZATION, AND CLOSING

ACTIVITIES WHILE SESSIONS ARE GOING ON OR IN FREE TIME... SAUNA, HOT TUB, NATURE WALKS, LYING IN HAMMOCK ON GAZEBO, WATCHING HEALING DVDS, ENJOYING THE LIBRARY, JOURNALING, MEDITATING, AND SWIMMING IN THE LAKE.

WHAT TO BRING: FLASHLIGHT, BATHING SUIT, BUG SPRAY IF NEEDED, SUNHAT, JOURNAL, FAVORITE PILLOW, SLIPPERS, COMFORTABLE LOOSE CLOTHING, PULLOVER OR SWEATER FOR EVENING.

ANY QUESTIONS? CALL THE CENTER AT 434-293-9708

WE LOOK FORWARD TO SEEING YOU!