

Awakening Creative Energy

Retreat Schedule

Monday, June 25

- 3:00-5:00 Arrival and settling in
5:30-6:15 Dinner
7:00-8:30 Opening Circle & Mindfulness through Movement-Shari & Rosalyn

Tuesday, June 26

- 8:00-8:45 Breakfast
9:00-10:00 Sacred Art-Rosalyn
10:30-11:30 Meditation & Mantra-Rosalyn
12:15-1:00 Lunch
1:00-4:30 Quiet time, bodywork and massage by appointment
4:30-5:30 Yoga-Gloria
5:30-6:15 Dinner

Wednesday, June 27

- 8:00-8:45 Breakfast
9:00-10:00 Creative Communication-Chris
10:15-11:45 Sacred Art Playshop-Rosalyn
12:15-1:00 Lunch
1:00-4:00 Quiet time, bodywork and massage by appointment
4:00-5:30 Creative Movement-Shari
5:30-6:15 Dinner
7:00-8:00 Writing Workshop-Gloria

Thursday, June 28

- 8:00-8:45 Breakfast
9:00-10:00 Closing Circle & Meditation-Shari & Rosalyn
11:00 Check out