

# *Example ~ Retreat Itinerary*

## **FRIDAY**

5:00PM ~ 6:30PM  
Guest Arrival & Settle In

6:30PM ~ 7:30PM  
Light Supper & Snacks

7:30PM ~ 10:00PM  
Welcome  
Introductions & Circle Check-in  
Announcements, General Information  
Set Intentions  
Light Healing Work  
Meditation Journey

## **SATURDAY**

8:30AM ~ 9:30AM  
Gentle Yoga/Tai Chi/Meditation on the Deck

9:30AM ~ 10:30AM  
Breakfast

11:00AM ~ 12:00 NOON  
Elemental Mindfulness Walk/Forest Bathing (Meet @ Front Steps)

12:30PM ~ 1:30PM  
Lunch

2:00PM ~ 6:00PM  
Free Time & Healing Sessions (\$)

6:00PM ~ 7:00PM  
Dinner

7:30PM ~ 9:30PM  
Campfire & Full Moon Ceremony

## **SUNDAY**

8:30AM ~ 9:30AM  
Gentle Yoga/Tai Chi/Meditation on the Deck

9:30AM ~ 10:30AM  
Breakfast

10:30AM ~ 12:30PM  
Meditation Journey  
Check-in

12:30PM ~ 1:30PM  
Lunch

1:30 ~ 2:30  
Final Announcements  
Group Picture