

# *Breaking the Cycle*

## **Spring Retreat – April 5-7<sup>th</sup> 2019 (Schedule)**

### Friday April 5<sup>th</sup>

4:00pm: Welcome with Tea/Snack, getting settled in

5:00: Mini-meditation (15 minutes)

5:30: Supper

7:00pm: Opening Circle (introductions, housekeeping, connection activity, overview, setting intentions, movement activity)

8:00-8:30pm: Early bedtime/Personal Time

### Saturday April 7<sup>th</sup>

7:00am: Morning meditation with Katherine (one hour)

8:15am: Breakfast

9:00am: Ayurveda Class (Katherine) (1.5 hours)

11:00am: Yoga with Melissa (1 hour)

12:15pm: Lunch

1:00pm: Break (1 hour) (book practitioner time, walk trails, relax, rest, read)

2:00pm: Emotional Healing Session with Lisa and Katherine (2 hours) (Mini-Meditation, Meridian Tapping, Outdoor Meditative Walk, Healing Art)

4:00pm: Break (1.5 hours)

5:30pm: Dinner

7:00pm: Evening Session with share, music, movement, meditation, reflecting (Lisa and Katherine)

8:00-8:30pm: Early Bedtime/Personal Time

### Sunday April 8<sup>th</sup>

7:00am: Morning meditation with Lisa (one hour)

8:15am: Breakfast

9:00am: Hydrotherapy Session with Craig/Marcin (1.5 hours)

10:45am: Spinal Health with Stephanie; Restorative Yoga with Jill

12:00pm: Lunch

1:30pm: Closing Circle (share, reflections, moving forwards and transitioning from the retreat back to everyday life)

3:00pm: Time to head home

**\*Note: All scheduled activities are optional – each participant decides what is best for them – if you need to sleep, then follow what your body/mind/spirit needs.**