

Fall Retreat – October 25-27th 2019 (Schedule)

Friday October 25th

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

5:00: Mini-meditation (15 minutes)

5:30: Supper (ChickPea Curry, Rice, veggies, salad, apple crisp w/coconut cream, tea)

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

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

Saturday October 26th

7:00am: Morning meditation with Lisa (one hour – includes reading, breathing exercises, 20 minute meditation, share)

8:15am: Breakfast (Rice porridge ++)

9:00am: * Ayurveda Class with Dr. Katherine Willow N.D. (1.5 hours)

10:30: Break

11:00am: * Yoga with Don Caldwell (1 hour)

12:15pm: Lunch

1:00pm: Break (1 hour) (book practitioner time like massage, reiki or reflexology (*extra cost), walk trails, relax, rest, read)

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

4:00pm: Break (1.5 hours)

5:30pm: Dinner (Kitcheree, veggies, salad, light desert)

7:00pm: Evening Session with * sound and light language meditation with Karen Jones, music, share

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

Sunday October 27th

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

8:15am: Breakfast (rice porridge ++)

9:00am: * Hydrotherapy Session with Dr. Marcin Padlewski N.D. (1.5 hours)

10:45am: *Tension Release Exercises and restorative yoga poses with Lisa and Karen

12:00pm: Lunch (Vegetarian Chile or other)

1:30pm: Closing Circle (share, reflections, oracle/taro card guidance, 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.**