

Carp EcoWellness Retreat Schedule May 1-3, 2020

Friday May 1st, 2020

- 4:30pm: Welcome with Tea/Snack, registration
- 6:00pm: Supper
- 7:15pm: Opening Circle (introductions, overview, setting intentions)
- 8:30pm: Early bedtime/Personal Time

Saturday May 2nd, 2020

- 7:00am: Morning meditation with Lisa Kopil
- 8:15am: Breakfast
- 9:15am: Workshop on German New Medicine with Dr. Katherine Willow (1 hour)
- 10:15: Questions/Share
- 10:30: Break (30 minutes)
- 11:00am: Yoga with Don Caldwell (1 hour)
- 12:15pm: Lunch
- 1:00pm: Break (walk trails, relax, rest, read)
- 2:00pm: Emotional Inner Work with Lisa Kopil
- 3:00pm: Outdoor Meditative Walk (15-20 minutes)
- 3:15/30: Creative Art
- 4:30pm: Break
- 6:00pm: Dinner
- 7:00pm: Evening Session Crystal Bowl and Light Language Meditation with Karen Jones
- 8:30pm: Early Bedtime/Personal Time

Sunday May 3rd, 2020

- 7:00am: Morning meditation with Lisa Kopil
- 8:15am: Breakfast
- 9:15am: Workshop: Introduction to EMDR with Dr. Marcin Padlewski (1 hour)
- 10:15: Questions/Share
- 10:30am: Break
- 10:45am: Tension Release Exercises with Lisa Kopil(30minutes)
- 11:15am: Restorative yoga with Lisa Kopil
- 12:15pm: Lunch
- 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.**