Renewal Retreat - May 5-7, 2023		
Friday, May 5	3:00 pm – 5:30 pm	Arrive at The Crossing.
		Afternoon snack/coffee/tea will be available from 3 pm onward.
	6:00 pm - 7:00 pm	Dinner
	7:15 pm – 9:30 pm	Opening Circle and Yoga
Saturday, May 6	7:30 am – 8:00 am	Morning Walk and Forest Meditation
	8:00 am – 9:30 am	Breakfast and free time
	9:30 am – noon	Morning workshop and yoga
	12:00 pm – 2:00 pm	Lunch and free time
	2:00 pm – 4:00 pm	Workshop
	4:00 pm – 6:00 pm	Free Time
	6:00 pm – 7:00 pm	Dinner
	7:00 pm – 8:00 pm	Conversation and Creative Time
	8:00 pm – 9:15 pm	Restorative Yoga
Sunday, May 7	7:30 am – 8:00 am	Coffee and Conversation
	8:00 am – 9:30 am	Breakfast/Pack Up
	9:30 am – 11:00 am	Closing circle
	11:00 am	Goodbye!

"We walk sightless among miracles."

Dani Shapiro