

September Retreat – September 20-22, 2024

Fri, Sept 20	3:00 pm – 5:30 pm	You may check in any time after 3 pm. This is a chance for time to yourself: a walk, a nap or whatever you choose. Afternoon snack/coffee/tea will be available from 3:30 pm onward. The retreat schedule begins with dinner at 6:00 pm. Please arrive by 5:45 at the latest.
	6:00 pm - 7:00 pm	Dinner
	7:15 pm – 9:30 pm	Opening Circle and Yoga
Sat, Sept 21	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 activity - TBD
	12:00 pm – 2:00 pm	Lunch and free time
	2:00 pm – 4:30 pm	Afternoon activity - TBD
	4:30 pm – 6:00 pm	Free Time
	6:00 pm – 7:00 pm	Dinner
	7:00 pm – 9:00 pm	Evening activity - TBD
Sun, Sept 22	7:45 am – 8:30 am	Morning Yoga
	8:30 am – 9:30 am	Breakfast/Pack Up
	9:30 am – 11:00 am	Closing circle
	11:00 am	Goodbye!