

Winter Retreat

Sample Day

8 am

Meditation

8:45 am

Breakfast

9:30 am

Chores

10 am

Morning Circle

share gratitude, schedule & announcements, learn a song

10:30 am

Small Groups

listen, share & process in a smaller group of peers

12 pm

Lunch

1:15 pm

Sit Spot

solo time on the land

2 pm

Mentor-Led Workshops (you choose)

- *crafting with birch bark*
- *sledding*
- *intro to Internal Family Systems*
- *helping in the kitchen*

3 pm

Medicine Circle

ask for what you want to heal & give your peers support

6 pm

Dinner

7:30 pm

Game Night featuring Special Guests

8 pm

Small Group

10:30 pm

Lights Out. Noble Silence until Breakfast



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Mentor-Led Workshops (you choose)

- *hiking on the land*
- *creative writing*
- *cookie decorating*
- *doggie daycare (playing/wrestling like puppies)*

12 pm

Lunch

1:15 pm

Sit Spot

optional one-on-one with a mentor

2 pm

Breathwork

6 pm

Dinner

7:30 pm

Breathwork Sharing Circle

8:45 pm

Sound Bath

relax to live music that takes you on a soothing journey

10:30 pm

Lights Out. Noble Silence until Breakfast

