



Coming Home

Finding your way back to yourself, others,
nature, and spirit.

Our time together

Thursday, July 17th

4-5:00 pm Arrival and Settling In
5:00 pm Opening
6:30 pm Dinner
7:45 pm Evening Ritual
9:00 pm Free Time

Friday, July 18th and Saturday, July 19th

8:15 am Good Morning Meditation/Yoga
9:00 am Breakfast
10:15 am Activity/Conversation
12:30 pm Lunch
Movement/Exploration
Open Space
4:30 pm Restorative Yoga
6:00 pm Dinner
Evening Activity/Conversation
Evening Ritual
9:00 pm Free Time

Sunday, July 20th

8:15 am Good Morning Meditation/Yoga
9:00 am Breakfast
10:15 am Activity/Conversation
11:00 am Closing Ritual