

Pre-retreat Thursday options--bring your bags prior to 4:30 registration and see about booking a massage or Reiki session and/or joining these existing groups on Thursday and/or Friday before 3:30. See website for suggested values or donation.

10:30 am - Gentle Nia

Lunch on your own; art supplies available.

3:30 pm - Dharma Study group and Meditation

5:00 pm - Women's Choir Experience

Pre Retreat Registration

Thursday, May 12,

4:30-7:00 pm

Dinner on your own or bring and use microwave

7:30 - 8:45 pm - Group and Video, Mating in Captivity, with discussion to follow (for registered retreat participants only)

Journaling and Art

Friday Pre Retreat activities:

Friday Morning - Today is a good day for body work, Reiki, massage, Pranic Healing--arrange ahead of time, additional add-on cost for one on one sessions.

7:30 am - Chinese Body Based Meridian Meditation - gentle standing movements for awakening energy—for retreat participants only. No additional charge.

8:45 - 9:15 am - breakfast available and morning group circle for those on pre-retreat

9:30 - 11:30am – Exploring Body Intelligences and How We Heal, with Donna Caire

1:30 pm - Yoga with Gwendel

Retreat Final registration from 1:00 - 3:45.

4:00 pm OPENING GROUP FOR RETREAT

More details about retreat schedule to follow. Please reserve the entire weekend.

For those sleeping off site: Going home or to hotel in evening around 9:30 or 10 is just for sleeping, returning in morning.

2:00 or so on Sunday--Retreat Ends

Individual appointments may be available at 2:30.