

## 2021 Winter Reflections Retreat

### *Agenda*

#### Thursday, November 11

4:00 - 5:15 p.m.	Check-in, settle in, and enjoy happy hour with attendees and staff.
5:30 - 6:15 p.m.	Welcome and Orientation
6:30 - 7:30 p.m.	Dinner
7:30 - 8:30 p.m.	Gifts and Intentions

#### Friday, November 12

8:00 - 9:00 a.m.	Morning Movement - Yoga or Nature Walk
9:00 - 9:45 a.m.	Breakfast
10:00 a.m. - Noon	Session 1: The Hero's Journey - Reflecting on 2020-2021
Noon - 2:45 p.m.	Lunch on your own + self-guided restorative time (receive a massage, take a walk, journal, read, nap, etc.)
3:00 - 5:00 p.m.	Session 2: Getting the Gift
5:00 - 6:00 p.m.	Happy/Crafty Hour
6:00 - 7:00 p.m.	Dinner
7:00 p.m.	PJs, slippers, and a movie

## Saturday, November 13

8:00 - 9:00 a.m.	Morning Movement - Yoga or Nature Walk
9:00 - 9:45 a.m.	Breakfast
10:00 a.m. - Noon	Session 3: Discovering Your Vision
Noon - 2:45 p.m.	Lunch on your own + self-guided restorative time (receive a massage, take a walk, journal, read, nap, etc.)
3:00 - 5:00 p.m.	Session 4: Refining Your Vision
5:00 - 6:00 p.m.	Happy/Crafty Hour
6:00 - 7:00 p.m.	Dinner
7:00 p.m.	PJs, slippers, and a movie

## Sunday, November 14

7:00 - 8:00 a.m.	Prepare for 11:00 a.m. check-out
8:00 - 9:00 a.m.	Sharing, Savoring, and Next Steps
9:00 - 9:45 a.m.	Breakfast
10:00 - 11:00 a.m.	Session 5: Tools For The Journey Ahead
11:00 a.m.	Check Out