



## Daily Offerings – Friday

3:00 pm	Check-in begins		
6:00 pm	Tour of House		
7:00 pm	Dinner	Dining Room	
8:15 pm	Introduction to Retreat	Livingroom	Gentle conversation and Demos



## Daily Offerings – Saturday

6:00 am	Coffee and Tea Available	Beverage Nook	
8:00 – 9:00 am	Breakfast	Dining Room	A quiet meal
9:30-11:30am	Sound Therapy	Yoga Room	Singing Bowls/Tuning Forks
12:00 – 1:00 pm	Lunch	Dining Room	
1:30 – 4:00pm	Forest Bathing	Land ***	Meet in Music & Arts Room
6:30 pm	Dinner	Dining room	Gentle conversation
8:00 pm	Group Music	Livingroom	Gentle conversation song and debrief

\*\*\* *weather dependent*



renewal  
center

## Daily Offerings – Sunday

6:00 am	Coffee and Tea Available	Beverage Nook	
8:00 -9:00am	Breakfast	Dining Room	A quiet meal
9:30-11:30am	Sound Therapy	Yoga Room	Gong Bath/Healing Hands and Voice
12:30 – 1:30pm	Lunch	Dining Room	
2:00 pm	Qi Gong	Yoga Room	Dean Anderson
4:00-5:00pm	Sound Therapy	Yoga Room	Deep Gong and Digi
6:30 pm	Dinner	Dining Room	Gentle conversation
7:30 pm	Group Music	Livingroom	Gentle conversation song and debrief



## Daily Offerings – Monday

6:00 am	Coffee and Tea Available	Beverage Nook	
8:00-9:00am	Breakfast	Dining Room	A quiet meal
9:30-11:00am	Sound Therapy	Yoga Room	Drum Journey
12:30 pm	Lunch	Dining Room	A chance to say good-bye ... until next time!

Check out for guests 1pm