

ROOT STRENGTH 2016

A WOMEN'S RETREAT



FRIDAY

- 3-4PM: Arrival
- 4-5PM: Welcome Circle
- 5-6PM: Free Time
- 6-7PM: Dinner
- 7-9PM: Campfire Circle + Love Communication Activity
- 9-10PM: Silent Moonlight Walk

SATURDAY

- 7-8AM: Sunrise Yoga Class
- 8-9AM: Breakfast + Gratitude Exercise
- 9-11AM: Silent Purpose Walk
- 11AM-12PM: Fire Building
- 12-2PM: Lunch + Sharing Circle
- 2-4PM: Breathing + Meditation Exercise
- 4-5PM: Vulnerability Exercise
- 5-6PM: Free Time
- 6-7PM: Dinner
- 7-9PM: Campfire + Manifestation Exercise + Discussion
- 9-10PM: Silent Moonlight Walk

SUNDAY

- 7-8AM: Sunrise Yoga Class
- 8-9AM: Breakfast + Dream Reflection
- 9-11AM: Drawing Nature
- 11AM-1PM: Lunch + Sharing Circle
- 1-2PM: Final Group Silent Gratitude Walk
- 2PM: Cleanup + Departure