

“From time to time, to remind ourselves to relax and be peaceful, we may wish to set aside some time for a retreat, a day of mindfulness, when we can walk slowly, smile, drink tea with a friend, enjoy being together as if we are the happiest people on Earth.”

Thich Nhat Hanh

RETREAT SCHEDULE:

WEDNESDAY:

TIME	ACTIVITY	LOCATION	TEACHER(S)
3-4:30pm	ARRIVE	Aldermarsh	
4:45-6pm	Yoga	Yoga Space	Jodi
6-7pm	Dinner	Dining Room	Group
7:15-9pm	Community Connection (whole group)	Yoga Space	Maria, Jodi, Scott

THURSDAY:

TIME	ACTIVITY	LOCATION	TEACHER(S)
6:30-7am	Meditation	Yoga Space	Maria
7-7:30am	Tea (Self-serve)	Dining Room	Group
7:30-9am	Hatha Flow Yoga (whole group)	Yoga Space	Jodi
9-10am	Breakfast	Dining Room	Group
10:15-10:45	Meditation	Yoga Space	Scott
10:45-11:15	Walking Meditation	In or Outside	Scott
11:15-11:45	Meditation	Yoga Space	Maria
11:45-12:15	Walking Meditation	In or Outside	Maria
12:15-1pm	Meditation (whole group)	Yoga Space	Scott
1-2pm	Lunch	Dining Room	Group
2:30-4pm	Meditation-Nature Based	Yoga Space	Maria
4:15-6pm	Yin Yoga (whole group)	Yoga Space	Jodi
6-7pm	Dinner	Dining Room	Group
7:15-9pm	Community Connection (whole group)	Yoga Space	Group

“Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference — in our own lives and those of others.”

Sharon Salzberg

FRIDAY:

TIME	ACTIVITY	LOCATION	TEACHER(S)
6:30-7am	Meditation	Yoga Space	Scott
7-7:30am	Tea (Self-serve)	Dining Room	Group
7:30-9am	Hatha Flow Yoga (whole group)	Yoga Space	Jodi
9-10am	Breakfast	Dining Room	Group
10:15-10:45	Meditation	Yoga Space	Maria
10:45-11:15	Walking Meditation	In or Outside	Maria
11:15-11:45	Meditation	Yoga Space	Scott
11:45-12:15	Walking Meditation	In or Outside	Scott
12:15-1pm	Meditation (whole group)	Yoga Space	Maria
1-2pm	Lunch	Dining Room	Group
3-4:30pm	Conscious Connected Breathing	Yoga Space	Jodi,Scott,Maria
4:45-6pm	Yin Yoga (whole group)	Yoga Space	Jodi
6-7pm	Dinner	Dining Room	Group
7:15-9pm	Evening Sauna	Sauna	Group

SATURDAY:

TIME	ACTIVITY	LOCATION	TEACHER(S)
6:30-7am	Meditation	Yoga Space	Maria
7-7:30am	Tea (Self-serve)	Dining Room	Group
7:30-9am	Hatha Flow Yoga (whole group)	Thomas Berry Hall	Jodi
9-10am	Breakfast	Dining Room	Group
10:15-10:45	Meditation	Yoga Space	Scott
10:45-11:15	Walking Meditation	In or Outside	Scott
11:15-11:45	Meditation	Yoga Space	Maria
11:45-12:15	Walking Meditation	In or Outside	Maria
12:15-1pm	Meditation (whole group)	Yoga Space	Scott
1-2pm	Lunch	Dining Room	Group
2:30-4pm	Meditation-Nature Based	Yoga Space	Maria
2:15-4p	Afternoon Sauna	Sauna	Group
4:15-6pm	Yin Yoga (whole group)	Yoga Space	Jodi
6-7pm	Dinner	Dining Room	Group
7:15-9pm	Community Connection (whole group)	Sauna	Group

SUNDAY:

TIME	ACTIVITY	LOCATION	TEACHER(S)
6:30-7am	Meditation	Yoga Space	Scott
7-7:40am	Tea (Self-serve)	Dining Room	Group
7:40-8:30a	Yoga (whole group)	Yoga Space	Jodi
8:30-9a	Group Meditation	Yoga Space	Maria, Jodi, Scott
9-9:45a	Closing Circle (whole group)	Dining Hall	Group
10a	Brunch/Pack up	Dining Room	Maria
11:30	Depart	Yoga Space	Group

***DEPART BY 11:30a**