

# August Grief Retreat

## Thursday

4:00pm- 6:00pm- Arrival and nest/Warm welcome

6:00pm- Dinner

7:00pm- *Session 1*-Triune Grief Care- lessons from Elijah

8:00pm- Breathe and movement- Stillness and release

## Friday

8:30am- Breakfast

9:30am- Breathe and movement- Stretch and open

10:00am- *Session 2*- Wrestling and wailing- lessons from Jacob and David

12:00pm- Silent lunch

1:00-5:00- Free time

5:00pm- *Session 3*- Reflection and remembrance

6:00pm- Dinner

7:00pm- Colors of grief activity

8:00pm- Candlelight ceremony

8:30pm- Breathe and movement- Surrender and receive

## Saturday

8:30am- Breakfast

9:30am- Breathe and movement- special guest

10:00am-11:00- *Session 3*- Science behind grief- special guest

12:00pm- Lunch

1:00-5:00- Free time

5:00pm- *Session 4*- Personalized, sustainable coping skills

6:00pm- Dinner

8:00pm- Ashes for beauty by firepit

### *Sunday*

8:00am- Breakfast

8:45am- Breathe and movement- Inner strength and support

9:00am- Read letters

10:00am- Nature walk

11:00am- Prayer of blessing and goodbyes