

Grief Care 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- Breath and movement- Stillness and release

Friday

8:30am- Breakfast

9:30am- Breath and movement

10:00am- Session 2- Stages of Grief/Letters

12:00pm- lunch

1:00-5:00- Free time

5:00pm- Finish Session 2

7:00pm- Candlelight ceremony

8:00pm- Breath prayers

Saturday

8:30am- Breakfast

9:30am- Breath and movement

10:00am- Session 3- Wrestling and wailing- lessons from Jacob and David

12:00pm- Lunch

1:00-5:00- Free time

5:00pm- Session 4- The Science Behind Grief

6:00pm- Dinner

8:00pm- Reflection and Remembrance- firepit

Sunday

8:30am- Breakfast

9:00am- Breath and movement- Inner strength and support

9:15am- Session 5- Personalized Sustainable coping skills

9:30am-Mindful walk

10:00am- Prayer of blessing and goodbyes