

ROOTED IN HOPE

Women's Restorative Retreat Schedule

Schedule subject to change

Friday

6:00pm- 7:00pm- Arrival and Nest/Warm Welcome

7:00pm- Lemonade/dessert on porch

7:30pm- Session 1- Triune Self Care-what it is and why it is important.

8:30pm- Breath and Movement-Body scan

Saturday

8:00am- Breakfast Set Out

10:00am- Breath and Movement- Grounding and self-care.

10:30am- Restorative mindful walk

10:45am- Session 2- Abide- What it means and how to practice it.

11:30am-Lectio Devina

12:00pm- Lunch

12:30-3:00- Free Time

3:00pm- Canvas tissue paper art

4:00pm- Photo Scavenger Hunt

6:00pm- Dinner

7:00-8:00pm- Prayer Stations/Restore and Abide in Him

Sunday

8:00am- Breakfast Set Out

9:00am- Breath and movement- Soaking in Psalm 23

9:30am- Prayer of Blessing and Goodbyes