

ROOTED IN HOPE

Grief Care Retreat Schedule

Schedule subject to change

Thursday

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

7:00pm- hot chocolate/tea fireside

7:30pm- Session 1-Triune Grief Care- Lessons from Elijah

8:30pm- Breath and Movement

Friday

8:00am- Breakfast Set Out

10:00am- Breath and Movement- Self Care

10:30am- Session 2- Stages of Grief

12:30pm-Lunch

1:00-4:00- Free Time

4:00pm- Finish Session 2

6:00pm- Dinner

7:00pm- Candlelight Ceremony

8:00pm- Breath Prayers

Saturday

8:00am- Breakfast Set Out

10:00am- Breath and Movement- Open and Receive

10:30am- Session 3- Wrestling and Wailing- Lessons from Jacob and David

12:00pm- Lunch

1:00-4:00- Free Time

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

5:00pm – Session 5- Personalized Sustainable Coping Skills

6:00pm- Dinner

7:00pm- Reflection and Remembrance- Firepit

Sunday

7:00am- Breakfast Set Out

8:00am- Breath and movement

8:30am- Mindful Walk

9:00am- Prayer of Blessing and Goodbyes