



**Friday evening October 6<sup>th</sup> & all day Saturday October 7<sup>th</sup>, 2018  
Camp Eden Wood in Eden Prairie**

**Schedule**

**Check-in** Friday, October 5<sup>th</sup>, 4:30 – 5:30 pm in South Dorm  
(Sat-only guests) Saturday, October 6<sup>th</sup>, 7:30 – 8:00 am in South Dorm

**Departure** Saturday, October 6<sup>th</sup>, after dinner (about 6:30 pm)

**Schedule**

**Friday night, October 6<sup>th</sup>**

4:30 – 5:30 PM Greeting & Registration - Sign-up for massages/energy sessions  
5:30 – 5:45 PM Welcome & Announcements - Becky Halat  
Confirm any remaining openings for massages/energy sessions  
6:00 – 6:45 PM Dinner at Main Lodge  
7:00 – 7:30 PM Gather and Introductions - Becky Halat  
7:30 – 8:30 PM MaryAnn Wiborg - We Laugh We Cry - Share a favorite Jokes  
8:30 PM Bonfire/Games/Chill-lax/Snacks, etc.

**Saturday, October 7<sup>th</sup>**

7:30 - 8:00 AM Self check-in for “Sat only” guests  
8:00 - 8:45 AM Breakfast - at Main Lodge  
9:00 - 9:10 AM Introduction to the day - Becky Halat  
Re-introductions for Sat attendees

**9:15-10:15 Group Session 1**  
**Karen Pickering - Stand-up Comedian**  
Q&A with Karen

10:15-10:30 AM Break

10:30-11:20 AM Why laughter is important to our health - Janna Sundby

- 11:20-11:55 AM Small group discussions - infusing laughter into your life
- 12:00 - 1:00 PM Lunch
- 1:00 -1:10 PM Review afternoon schedule - Becky Halat
- 1:10 - 2:25 PM **Group Session 2**  
**Molly Chase - Learning the Joy of Improvisation**  
 Managing Director of HUGE Improv Theatre in Uptown - UU background  
 - will lead the group in improv games, exercises and fun.
- 2:30 - 5:00 PM **Breakout Sessions / Free Time**  
 Chair Massages by Rhona Espenson  
 Full Body massages by Amy Ritter  
 Energy Work by Laura Stevens Randall  
 Yoga in Main Room area (Bring yoga mats)  
 Cooking tips by Jan Geigle  
 Crocheting with Lea Hosley  
 Walking Meditation (weather permitting) Forest Bathing  
 Decluttering
- 5:00 - 5:15 PM Final Gathering
- 5:15 - 5:45 PM Wrap-Up - meditation led by MaryAnn Wiborg  
 2019 Retreat planners/volunteers  
 Input/feedback Survey - coming via email
- 6:00 - 7:00 PM Dinner at the Main Lodge
- 7:00 - 8:00 PM Pack-up, Clean up, Load up cars

**Questions? Contact the Retreat Planners:**

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Bring bedding and towels if you're staying over night. Bring a yoga matt if you'd like to participate in yoga and outdoor walking shoes.