



May 20-22, 2022

Utica, IL

FRI 6 pm Meet + greet mocktail hour
 7 pm Dinner
 9 pm Intention setting

SAT 8 am Meditation
 8.30 am Breakfast
 9 am Sharing circle
 10.30 am Hiking at Starved Rock (packed lunch onsite)
 2 pm Therapist discussion
 4 pm Quiet time | Journaling + reflection
 7 pm Dinner
 8 pm Sharing circle + bowl burn

SUN 9 am Breakfast
 10 am Closing reflection
 11 am Depart cabin

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