***WRITING AS SELF EXPRESSION AND SELF CARE***

***JUNE 29-JULY 1 WRITING RETREAT***

**FRIDAY JUNE 29-**

**CHECK IN at THE MOUNTAIN**

**6PM DINNER**

**7PM Fire circle/ Getting to know each other**

**Forming the scared safe container**

**Group Time**

**SATURDAY JUNE 30**

**OPTIONAL Sunrise Yoga**

**7:30AM Breakfast**

**9AM First writing/creative exercise-**

**Small group discussion-reflection**

**10:30 AM 2nd writing exercise**

**12NOON-LUNCH**

**1-4 Free time- Yoga/Creative expression/Journaling**

**Individual Consultation/Hiking**

**4PM- Third writing exercise- small group discussion**

**6PM DINNER**

**7:30PM FIRE CIRCLE-MUSIC, SHARING, RITUAL, poetry, connection exercise**

**BEDTIME**

**SUNDAY-**

**OPTIONAL Sunrise Yoga**

**7:30AM Breakfast**

**8:30AM Final writing exercise-reflection**

**10AM- Yoga/Art/ Creative Expression/Individual Consultation**

**11- Group closing sacred circle sharing time**

**12 lunch**

**Check out**

**Karen, Ellen, Melanie, and Jennifer are available for individual consultation during free time for a separate fee. Payment can be made directly to them.**