

Love Feast to Remember Agenda by Timeline

Start	Intro
5:00→ 16:00	Mindfulness Breathing Meditation
17:10→ 21:00	I Am Poem
21:00→	<i>Pause for reflection, writing suggestion. Write your I Am poem.</i>
24:00→ 44:12	Story: Tiger and the Whisker of Stress Mountain
44:12	<i>Inquiry: Who do you most relate to in the story?</i> Exploration Discussion: Safety, Self-care, Self-Love, Soul-care
1:05:30	<i>Suggested Pause</i> <i>Reflection: Define Self-care, Self-Love, and Soul-care for you.</i>
1:07:35→ 1:11:20	Movement: Dance Party
1:13:45→ 1:25:30	Self-Massage
1:25:50→ 1:30:15	Faux-Chi
1:30:15	Suggested Pause
1:33:52→ 1:41:30	Mindful Eating, Sensory Awareness
1:15:00→ 2:31:30	5 Elements Love Feast
	<i>Inquiry: Who are you without your grief?</i> <i>Which self-compassion practices do you want to start and continue?</i> <i>Which practices help you stay resilient?</i>
2:33:25→	Chaos to Calm Stress Scale Resource Find more Free Resources on conduitforchange.com
2:34:35→	Wrap Up Summary, Noticings, Take-Aways
	<i>Inquiry: What are your takeaways?</i> <i>What are you grateful for on this day, and in life?</i>
2:36:40→	Retreat Review
2:37:45→	Life Wheel Resource Find more Free Resources on conduitforchange.com
2:38:38→	Final Quote
2:39:55→	Final Fun Close Dance Party! 😊