

# SUMMER RETREAT 22



## Thursday

|              |                   |             |
|--------------|-------------------|-------------|
| 4:00 – 6:00  | Check-in          |             |
| 6:00 – 7:00  | Dinner            | Dining Room |
| 7:00 – 10:00 | Opening Gathering | Chapel      |

## Friday

|              |                   |                |
|--------------|-------------------|----------------|
| 7:00 – 7:45  | Yoga   Meditation | McConnell Room |
| 8:00 – 9:00  | Breakfast         | Dining Room    |
| 9:30 – 12:30 | Morning Session   | Chapel         |
| 12:30 – 1:30 | Lunch             | Dining Room    |
| 1:30 – 3:00  | Break             |                |
| 2:00 – 3:00  | HMTT only         | Chapel         |
| 3:00 – 5:00  | Afternoon Session | Chapel         |
| 5:15 – 5:45  | Mudras            | McConnell Room |
| 6:00 – 7:00  | Dinner            | Dining Room    |
| 7:15 – 9:45  | Evening Session   | Chapel         |

## Saturday

|              |                   |                |
|--------------|-------------------|----------------|
| 7:00 – 7:45  | Yoga   Meditation | McConnell Room |
| 8:00 – 9:00  | Breakfast         | Dining Room    |
| 9:30 – 12:30 | Morning Session   | Chapel         |
| 12:30 – 1:30 | Lunch             | Dining Room    |
| 1:30 – 3:00  | Break             |                |
| 2:00 – 3:00  | HMTT only         | Chapel         |
| 3:00 – 5:00  | Afternoon Session | Chapel         |
| 5:15 – 5:45  | Mudras            | McConnell Room |
| 6:00 – 7:00  | Dinner            | Dining Room    |
| 7:15 – 9:45  | Evening Session   | Chapel         |

## Sunday

|               |                   |                |
|---------------|-------------------|----------------|
| 7:00 – 7:45   | Yoga   Meditation | McConnell Room |
| 8:00 – 9:00   | Breakfast         | Dining Room    |
| 9:30 – 11:30  | Morning Session   | Chapel         |
| 11:30 – 12:30 | Blessing   Dana   | Chapel         |
| 12:30 – 2:00  | Lunch   Closing   | Dining Room    |