

# Four Day/Three Night Sample Retreat Agenda @ Sapiillo Creek Escape

## **Day One**

Noon – 4 pm: Check in & Registration

4-5:30 pm: Introductions, 15 min Yoga Lite, Session One, Homework Assignment

5:30-6 pm – Break

6-7:30 pm – Dinner

7:30 – 9 pm – Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

## **Day Two:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Group Share – Writing/Art - Peer Feedback

11:00 – 12:30 pm – Individual Writing/Creating Time

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring local area

4:30 – 6 pm – Session Two, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

## **Day Three:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Group Share – Writing/Art - Peer Feedback

11:00 – 12:30 pm – Individual Writing/Creating Time

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring local area

4:30 – 6 pm – Session Three, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

### **Day Four:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Individual Writing/Creating Time

11:00 – 12:30 pm – Session Four - Group Share – Peer Feedback – Sharing Intentions

12:30 – 1:30 pm – Lunch

# Seven Day/Six Night Sample Retreat Agenda @ Sapillo Creek Escape

## **Day One**

Noon – 4 pm: Check in & Registration

4-5:30 pm: Introductions, 15 min Yoga Lite, Session One, Homework Assignment

5-:30-6 pm – Break

6-7:30 pm – Dinner

7:30 – 9 pm – Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

## **Day Two:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Group Share – Writing/Art - Peer Feedback

11:00 – 12:30 pm – Individual Writing/Creating Time

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring local area

4:30 – 6 pm – Session Two, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

## **Day Three:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Group Share – Writing/Art - Peer Feedback

11:00 – 12:30 pm – Individual Writing/Creating Time

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring local area

4:30 – 6 pm – Session Three, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

### **Day Four:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 2 pm – Group Trip to the Gila Cliff Dwellings – Packed Lunch provided and eaten on site

2:30 – 4:30 pm – Individual Writing/Creating Time

4:30 – 6 pm – Session Four, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Group Share – Writing/Art - Peer Feedback

### **Day Five:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:30 am – Individual Writing/Creating Time

11:30 – 12:30 pm – Group Share – Writing/Art - Peer Feedback

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring

4:30 – 6 pm – Session Five, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

### **Day Six:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Group Share – Writing/Art - Peer Feedback

11:00 – 12:30 pm – Individual Writing/Creating Time

12:30 – 1:30 pm – Lunch

1:30 – 4:30 pm – Free Time for Writing, Creating, Hiking, Fishing, Exploring

4:30 – 6 pm – Session Six, Homework Assignment

6 – 7:30 pm – Dinner

7:30 – 9 pm - Individual Writing/Creating Time

8:30 pm – Optional yoga with sounds and stargazing

### **Day Seven:**

8 – 8:45 am – Yoga/Stretching/Meditation

8:45 – 9:30 am – Breakfast

9:30 – 10 am – Morning Pages/Journaling

10 – 11:00 am – Individual Writing/Creating Time

11:00 – 12:30 pm – Session Seven - Group Share – Peer Feedback – Sharing Intentions

12:30 – 1:30 pm – Lunch