



CREATIVE HEALING RETREAT

APRIL 16-18, 2010

PROGRAM SCHEDULE

Friday, April 16:

- 5:00 - 6:15 p.m.: Registration and Check-in
- 6:15 - 7:45 p.m.: Dinner
- 7:45 - 10:00 p.m.: Get-acquainted circle

Saturday, April 17:

- 7:30 - 8:15 a.m.: Yoga with Shoosh
- 8:15 - 9:15 a.m.: Buffet Breakfast
- 9:15 - 11:45 a.m.: Collaging with Joanne Ruggles
- 11:45 - 2:15 p.m.: Walk (or drive) and Lunch (BAYSIDE CAFÉ)
- 2:15 - 3:00 p.m.: Free time
- 3:00 - 4:30 p.m.: Exhibits
- 4:30 - 5:30 p.m.: Free Time
- 5:30 - 7:00 p.m.: Dinner (with Guest Speaker)
- 7:00 - 10:00 p.m.: Percussion with Marisa Waddell (COALESCE)

Sunday, April 18

- 7:30 - 8:15 a.m.: Yoga
- 8:15 - 9:15 a.m.: Buffet Breakfast
- 9:15 - 11:30 a.m.: Collaging / Percussion
- 11:30 - 12:00 noon: Concluding Remarks & Evaluation Forms