



Self Discovery Weekend
2013 Fall Retreat
Waterloo, AL

Working Itinerary

Friday, Oct. 18

- 5p—Arrival (Meet and Greet)
- 6:15p—Opening Ceremony
- 7:15p—Dinner
- 8:15p—HEALthy Self T.E.A. (Wisdom Circle)
- 9:15p—Retire for the evening (Personal R&R)

Saturday, Oct. 19

- 6a— Personal R&R
- 7:15a— Contemporary Yoga Session
- 8:30a—Breakfast
- 9:15a— Playshop (Self Honoring Crafts)
- 11:15a—Personal R&R
- 12:45p—Lunch (tentative boat ride)
- 3p—Nature Walk
- 5p—Personal R&R
- 7:15p—Dinner
- 8:15p—Tantra Talk (Wisdom Circle)
- 8:15p—Retire for the evening (Personal R&R)

Sunday, Oct. 20

- 6a—Personal R&R
- 7:15a— Contemporary Yoga Session
- 8:30a—Breakfast
- 9:15a—Reflective Journaling/ Personal R&R
- 11:15a—Closing Ceremony
- 12:15p—Lunch
- 1p—Depart