

Friday, April 24, 2020

2:00 pm to 3:00 pm	Check In & Registration – (Father Owen Room)
3:30 pm to 4:00 pm	Welcome
4:00pm to 5:30pm	Session 1 – Replenishing our Brain Wellness - Dominique Fontaine (Father Owen Room)
6:00 pm to 7:00 pm	Dinner & Personal Time
7:00 pm to 8:30 pm	Session 2 – Deep Healing Relaxation – Nathalie Rivett (Serra Room) Bring Yoga Mat, Blanket, Pillow, Bolster

Saturday, April 25, 2020

7:00 am to 8:00 am	Labyrinth & Meditation Garden (On Your Own)
8:00 am to 9:30 am	Breakfast & Personal Time
9:30 am to 10:30 am	Session 3 - World T'ai Chi and Qigong Day (Outdoor Palm Court) Bring Hat, Water
10:30 am to 12:00 am	Session 4 – Meridian to the Rescue - Gloria McCahill (Father Owen Room)
12:00 pm to 1:30 pm	Lunch & Personal Time
1:30 pm to 3:30 pm	Session 5 – Healthy Communication - Sue Roe (Father Owen Room)
3:30 pm to 4:30 pm	Personal Time
4:30 pm to 6:00 pm	Session 6 – Affirmation and Healing – Nathalie Rivett (Garces Room) Bring Yoga Mat, Blanket, Pillow
6:00 pm to 7:00 pm	Dinner
7:00 pm to 9:00 pm	Session 7 – Plant Bar (Father Owen Room)

Sunday, April 26, 2020

7:00 am to 8:00 am	Sun Salutation – Nathalie Rivett (Outdoor by Father Owen Room) Bring Yoga Mat, Blanket, Pillow
8:00 am to 9:30 am	Breakfast & Personal Time <i>CHECK OUT</i>
09:30 am to 10:00 am	Burning Bowl Ceremony
10:30 am to 12:00 pm	Session 8 – Mind-Full Music - Debi Kret (Father Owen Room)
12:00 pm to 12:15 pm	Closing & Evaluation
12:15pm to 1:00 pm	Lunch