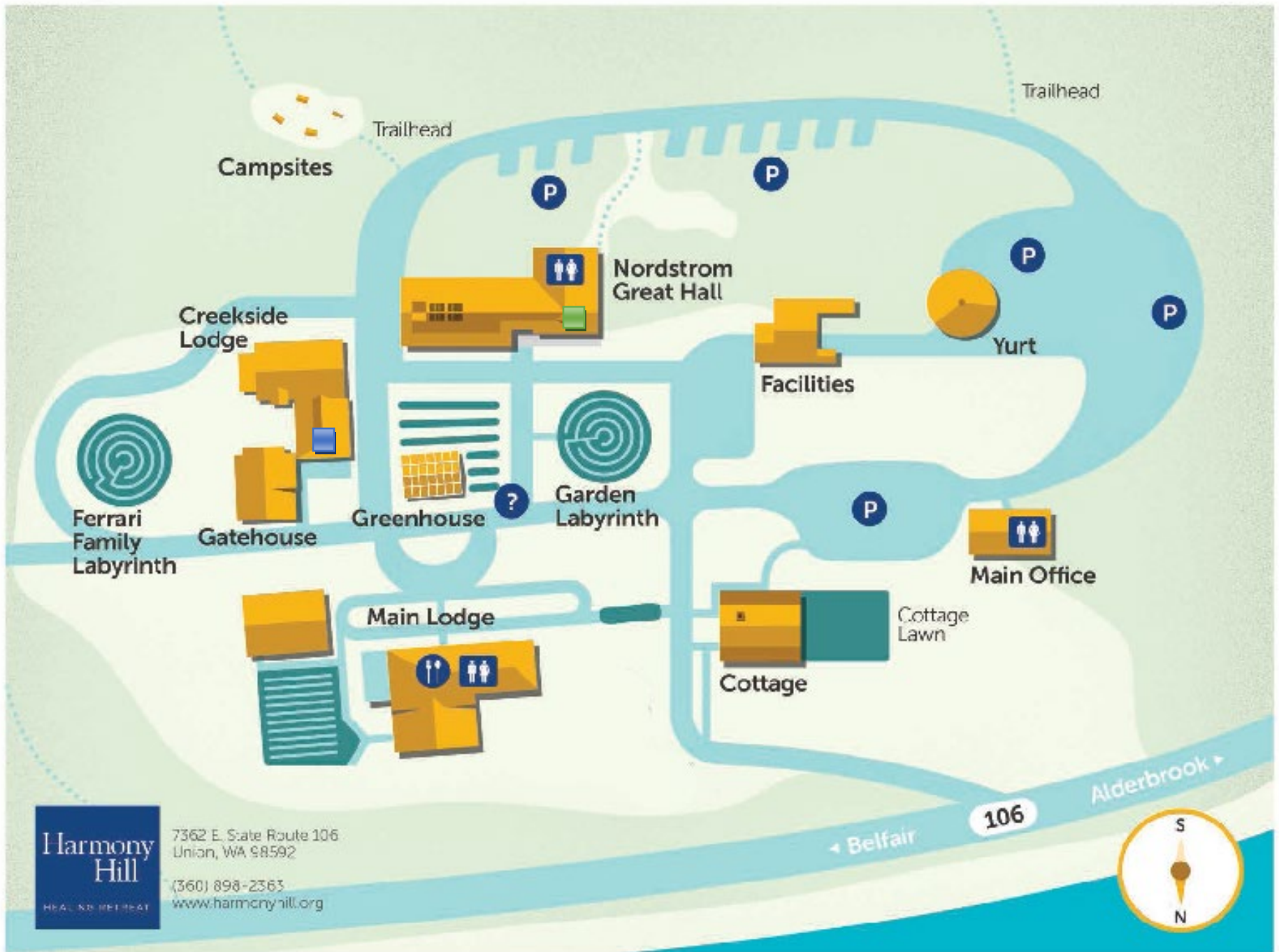


HARMONY HILL CANCER RETREAT MASTER SCHEDULE

DAY 1	DAY 2	DAY 3
WELCOME!!!	7:30-8:00 A.M MORNING MEDITATION <i>GREAT HALL</i>	7:30-8:00 A.M MORNING MEDITATION <i>GREAT HALL</i>
10:30-12:00PM PARTICIPANT ARRIVAL/CHECK-IN LODGE	8:00-8:45AM BREAKFAST LODGE	8:00-8:45AM BREAKFAST LODGE
12:00-1:00PM LUNCH LODGE	9:00-11:00AM GROUP GATHERING <i>CREEKSIDE OR GATHERING ROOM</i>	9:00-11:00AM GROUP GATHERING <i>CREEKSIDE OR GATHERING ROOM</i>
1:00-2:00PM WELCOME/ORIENTATION <i>GREAT HALL</i>	11:15-12:15PM MEDITATION/MOVEMENT <i>GREAT HALL</i>	11:15-12:15PM MEDITATION/MOVEMENT <i>GREAT HALL</i>
2:00-3:00PM ART <i>GREAT HALL</i>	12:30-1:30PM LUNCH LODGE	12:15-12:30 FREE TIME <i>CHECK-OUT of ROOM</i>
3:00-4:15PM FREE TIME	1:30-2:00PM LABYRINTH ORIENTATION & WALKING MEDITATION <i>FERRARI FAMILY LABYRINTH</i>	12:30-1:15PM LUNCH LODGE
4:15-5:15PM MEDITATION/MOVEMENT <i>GREAT HALL</i>	2:00-3:30PM FREE TIME	1:30-2:15PM GROUP GATHERING <i>CREEKSIDE OR GATHERING ROOM</i>
5:30-6:30PM DINNER LODGE	3:30-5:30PM GROUP GATHERING Divided by Participant VS Companion <i>LOCATION TBD</i>	2:30-3:00PM CLOSING CIRCLE <i>GREAT HALL</i>
6:45-8:30PM GROUP GATHERING <i>CREEKSIDE OR GATHERING ROOM</i>	5:30-6:30PM FREE TIME	3:00-4:00PM GOODBYES, PACKING, DEPARTURES
	6:30-7:30PM DINNER LODGE	
	7:30-9:00PM EVENING GATHERING <i>GREAT HALL</i>	



Harmony Hill
HEAL. SO. DEEPER.

7362 E. State Route 106
Union, WA 98592
(360) 898-2363
www.harmonyhill.org