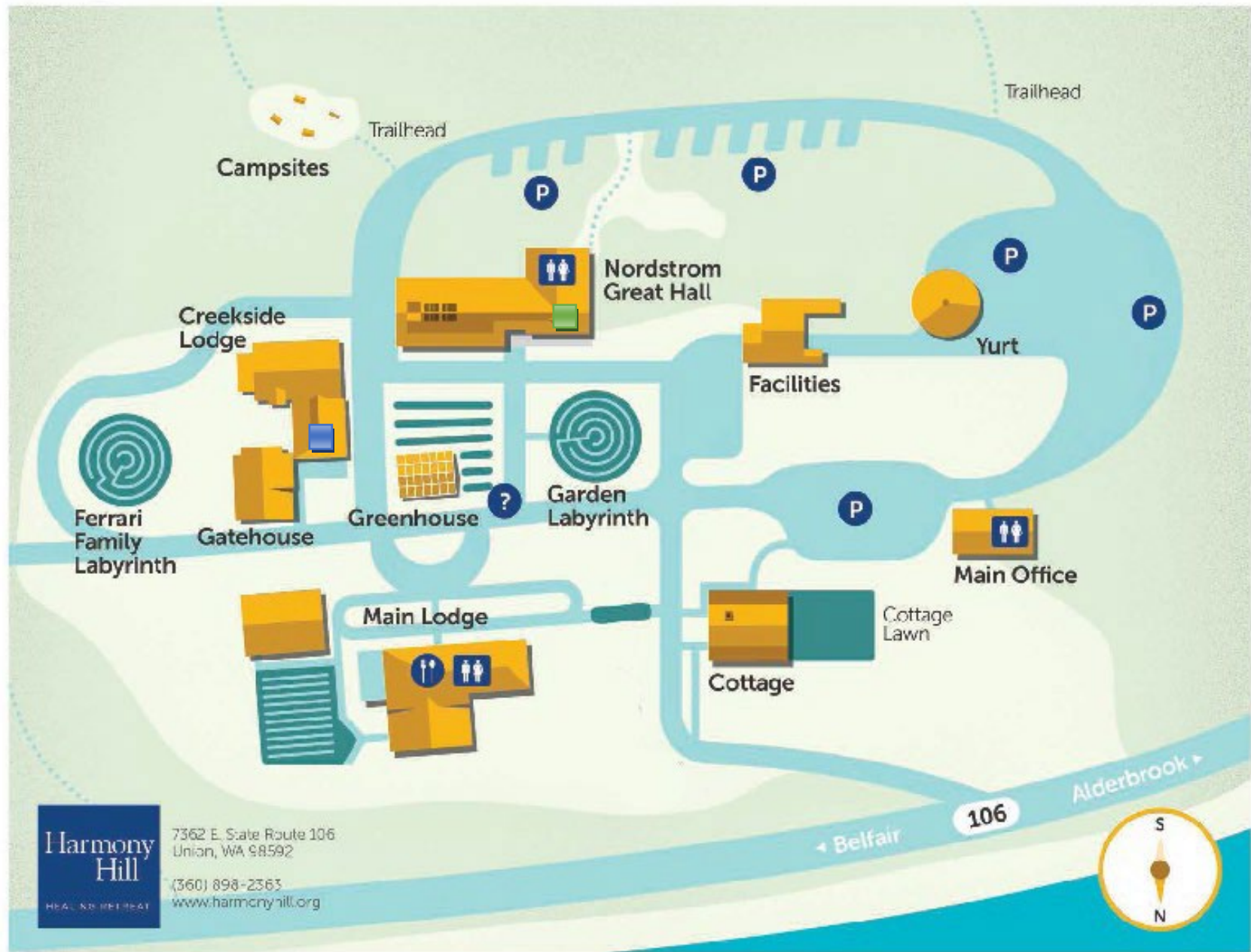


## HARMONY HILL CANCER RETREAT MASTER SCHEDULE

DAY 1	DAY 2	DAY 3
<b>WELCOME!!!</b>	8:00-8:45AM BREAKFAST <i>LODGE</i>	8:00-8:45AM BREAKFAST <i>LODGE</i>
10:30-11:30 AM PARTICIPANT ARRIVAL/CHECK-IN <i>LODGE</i>	9:00-11:00AM <b>SMALL GROUP SHARING CIRCLE</b>	9:00-11:00AM <b>SMALL GROUP SHARING CIRCLE</b>
12:00-1:00PM LUNCH <i>LODGE</i>	11:15-12:15PM MEDITATION/MOVEMENT <i>GREAT HALL</i>	11:15-12:15PM MEDITATION/MOVEMENT <i>GREAT HALL</i>
1:00-2:00PM WELCOME/ORIENTATION <i>GREAT HALL</i>	12:30-1:30PM LUNCH <i>LODGE</i>	12:15-1:15PM LUNCH <i>LODGE</i>
2:00-3:00PM ART <i>GREAT HALL</i>	1:30-2:00PM LABYRINTH ORIENTATION & WALKING/SITTING MEDITATION <i>FERRARI FAMILY LABYRINTH</i>	1:30-2:15PM <b>SMALL GROUP SHARING CIRCLE</b>
3:00-3:30PM REFLECTION & RELAXATION <i>(YOUR TIME)</i>	2:00-3:30PM REFLECTION & RELAXATION <i>(YOUR TIME)</i>	2:30-3:15PM CLOSING CIRCLE & GOODBYES <i>GREAT HALL</i>
3:30-5:30PM <b>SMALL GROUP SHARING CIRCLE</b>	3:30-5:30PM <b>SMALL GROUP SHARING CIRCLE</b> Divided by Participant VS Companion <i>LOCATION TBD</i>	3:15PM - 4:00PM PACKING & DEPARTURES
5:30-6:30PM REFLECTION & RELAXATION <i>(YOUR TIME)</i>	5:30-6:30PM REFLECTION & RELAXATION <i>(YOUR TIME)</i>	
6:30 – 7:30 PM DINNER <i>LODGE</i>	6:30 – 7:30 PM DINNER <i>LODGE</i>	
7:45 –8:45 PM MEDITATION/YOGA for SLEEP <i>GREAT HALL</i>	7:30-9:00PM EVENING FUN GATHERING (Art, Games, Tea, and Conversation) <i>GREAT HALL</i>	
10:00PM Quiet Time	10:00PM Quiet Time	



**Harmony Hill**  
HEALING RETREAT

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