

Harmony Hill Health Professional Retreat

Two Day – Two Night

Day 1	Day 2	Day 3
4:00 -5:00 PM Participant Arrival/Check-In	8:00-9:00 AM Breakfast	8:00-9:00AM Silent Breakfast 60 min CEU
5:00-6:00 PM Opening Circle 60 min -CEU	9:00-10:30 AM Mindfulness Mind, Body, Spirit Connection 90 min CEU	9:00-10:30 AM The Experience of Trauma 90 min CEU
6:00– 7:00 PM Dinner	10:30 – 11:30 AM Walk with Focused Meditation 60 min CEU	10:30-12:00 PM Self-Compassion as the Foundation of Self-Care 90 min CEU
7:00 – 8:00 PM Expressive Art for Self-Care 60 min CEU	11:30 – 12:00 PM Break	12:00-1:00 PM Lunch
8:00 – 8:45 PM Movement & Meditation 45 min CEU	12:00-1:00 PM Lunch	1:00-1:30 PM Reflections and Learnings from the Retreat 30 min CEU
	1:00 – 2:30 PM Communication in Relationship 90 min CEU	1:30-1:45 PM Closing Circle 15 min CEU
	2:30-3:00 PM Break	2:00-2:30 PM Goodbyes & Departure
	3:00-4:30 PM Sharing Circle Reconnecting with your passion 90 min CEU	
	6:00– 7:00 PM Dinner	

Total =780 minutes divided by 60 = 13 CNE

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