

Harmony Hill Two-Day Renewal Retreat

The Sacred Waters Center

Day 1	Day 2
9:30-10:00 AM Participant Arrival/Check-In	8:00-9:00 AM Silent Breakfast <i>Dining Room</i>
10:00-11:00 AM Opening Circle <i>Great Hall</i>	9:00-10:00 AM Walk with focused meditation. <i>Great Hall</i>
11:00 AM-12:00 PM Expressive Art for Self-Care <i>Great Hall</i>	10:00-11:30 AM The Experience of Trauma <i>Great Hall</i>
12:00-1:00 PM <i>Lunch</i> <i>Dining Room</i>	11:30-Noon Free Time
1:00-2:30 PM Mindfulness Mind, Body, Spirit Connection <i>Great Hall</i>	12:00-1:00 PM <i>Lunch</i> <i>Dining Room</i>
2:30-2:45 PM Break	1:00-2:30 PM Self-Compassion – The Foundation of Self-Care <i>Great Hall</i>
2:45-4:15 PM Communication in Relationship <i>Great Hall</i>	2:30-2:45 PM Break
4:15-5:00 PM Movement/Meditation <i>Great Hall</i>	2:45-3:15 PM Reflections and Learnings from the Retreat <i>Great Hall</i>
5:00-6:00 PM <i>Free Time</i>	3:15-3:30 PM Closing Circle <i>Great Hall</i>
6:00-7:00 PM <i>Dinner</i> <i>Dining Room</i>	
7:00-8:30 PM Sharing for Circle – Reconnecting with your Passion for Service <i>Great Hall</i>	

Quiet time is at 10:00 PM